YISTT

YOGA Class Observation Sheet

(You will need 4 of these)

Your Name:

Teacher’s Name:

Class Observed (Date, Time, Level/ Type, Studio):

Welcome and Creating a Space:

In what ways did the teacher make the student’s feel welcome? See Stephens, 2010 Chapter 5, creating space for self-transformation.

Voice:

Describe the “voice” of the teacher. Was it authentic? See Stephens, 2010 Chapter 6, techniques and tools in teaching yoga, sequencing.

Theme:

What was the theme/ concept of the class?

Theme Connection:

How did the teacher make the theme relevant to the students’ experience and the practice of yoga (i.e. by using anecdotes, myth, etc.)?

Sequence:

As best of you can describe the sequence used in class. Did the teacher use a set sequence? What was the style?

What poses were used as warm ups? Were they dynamic and easy to perform?

What was the apex pose of the class? What poses did the teacher use in the sequence to prepare the students for this pose? See Stephens, 2010 Chapter 10, sequencing. If there wasn’t a particular apex, what were the classes of poses worked on? Or concept ?

Teacher Instruction to Specific Students:

How did the teacher address both individual and common misalignment/s they were observing? Did they assist/adjust? Describe.

Cues:

What cues did the teacher use? Can you make a connection to instructions in your texts? See Stephens, 2010 Chapter 7, teaching asanas.

Demonstrations:

If the teacher used demonstrations, what key actions were stressed? How did they link these back to the concept/ theme?

Adaptations and Accommodations:

How did the teacher handle various levels of students in the classroom? How did the teacher manage therapeutic issues to accommodate special populations? See Stephens, 2010 Chapter 11, specialized teaching.

Other Comments Overall:

Note: You will need more space than this- please respond to questions in a typed, word document. You can use this sheet to take notes.