



FEEDBACK FORM #3

THIS FORM IS FOR YOU!

To be filled out within 2 hours following the practice classes you teach. Focus on the questions that provoke thought or feeling for you and use them as an opportunity to explore where you are now as a teacher and how you want to grow as a teacher.

1. What length of class did I teach?

60 Minutes (5 Students)

2. What did I do to connect with students before and after class? If nothing what could I have done?

- **arrived early, set lighting, turned on fans, opened windows to get a breeze, turned on music**
- **Welcomed everyone upon their individual arrival without making a big deal about seeing them, but thanked them for coming**
- **Made sure everyone knew where the bathrooms and changing rooms were.**
- **Told them to take mat and move it if they wanted to, and to get more props if they wanted to. Showed them where the prop wall was.**
- **Stayed quiet so they could be still in savasana or in whatever they were doing to prepare for class.**

3. Generally how am I feeling about the class I just taught? Was I present in the room?

I felt good but a bit rough around the edges. I definitely felt the “second night slumps” as I did not feel as focused or on point, but I still think I did a good job.

I think one of my strengths is being very present in the room, even when I make a mistake.

4. How was my timing/pace? Length of holds? Smoothness of transitions?

Timing and pace was good! I could have held second sides longer. Transitions into poses were good but not so much coming out. I need to cue the “dismount” better as opposed to just saying “release”.

Class: 60 Minute Modo (5 Students)

Teacher: Reed Ridgley

Date: August 22nd, 2017 8:00am

Location: Studio Spine Yoga, NYC

5. Was I connected to the people in the room? How was my language appropriate to the level(s) of students present?

I felt very connected to the people in the room and I think my body language is strong and relaxed and waked around at a good pace giving everyone a bit of attention when needed.

6. How did I bring my own voice through the Moksha sequence to support and challenge the students?

I think my voice is relaxed and firm. I am soft when needed and excited and encouraging when needed. I think I have a good ebb and flow according to the pace of the sequence.

7. Did I set a silent intention prior to walking into class, or an intention aloud when I began the class? If so, how did I stay connected to my intention, and/or keep the students connected to the intention?

As yesterday was the eclipse, I decide to reference the sun and moon during class when appropriate and/or fun, ie during Ardha Chandrasana "Imaging you are the moon passing in front the sun upstaging it for a brief period of time", During Supta Virasana "open the entire front side of your body to the sun, as if you were solar panels soaking in energy to fill you for the day"

8. Based on this teaching experience, and after reviewing the student feedback, what one thing will I work to improve on in my teaching?

Getting people out of poses with thorough instructions.