



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?
 - a. 60 Minutes

2. What did I do to connect with students before and after class? If nothing what could I have done?
 - a. Was behind the desk 30 minutes before and after.
 - b. Helped one new student get oriented. Had her fill out liability waiver. Showed her the space. Made her feel comfortable. Showed her which side of the mat goes down on the floor.

3. Generally, how am I feeling about the class I just taught? Was I present in the room?
 - a. I felt GREAT. This was my first time teaching in the HOT ROOM and it was wonderful. I totally showed up at the seat of the teacher.
 - b. I was very present, personable, here and now. I shared some “fun facts” about the origins of poses and names and also about why we do certain things in the way we do them.

4. How was my timing/pace? Length of holds? Smoothness of transitions?
 - a. The standing sequence was 40 minutes so I had to speed up the floor sequence and cut Ustransansa and Kapalbathi. Don't tell Robbi ;)

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

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

Class: 60 Minute Modo

Teacher: Reed Ridgley

Date: September 8th, 2017 8:00am

Location: Modo Yoga, NYC

Students: 3 (Robert Schulman, Leslie Burn, Faith Savage)

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?
 - a. No

8. Based on this teaching experience, and after reviewing the student feedback, what one thing will I work to improve on in my teaching?
 - a. Rise above the "text"
 - b. Teach from my own experience.
 - c. Elevate the class

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