



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. Arrived early, set up the mats and blocks, set the air and lighting, set some mood music (upbeat yoga music).
 - b. Said hi to everyone without gushing.
 - c. Introduced people to each other when appropriate
 - d. Dressed appropriately

3. Generally, how am I feeling about the class I just taught? Was I present in the room?
 - a. Very good. I felt that I was relaxed, calm, very present and myself.
 - b. I did not put on an act or assume a character

4. How was my timing/pace? Length of holds? Smoothness of transitions?
 - a. Standing sequence was too long by about 8 minutes so I had to speed up the floor sequence.
 - b. Warm up was too long.
 - c. I don't think I evenly help poses on both sides.
 - d. I think my transitions were pretty good! And when I got lost I stopped, thought about it, and continued. I didn't really get flustered.

5. Was I connected to the people in the room? How was my language appropriate to the level(s) of students present?
 - a. I was more connected to the more experience people in the room and struggled with the less experienced. I did not do a good job of addressing modifications or offering adjustment.

6. How did I bring my own voice through the Moksha sequence to support and challenge the students?
 - a. I think my voice was very well connected to my breath and body and my volume was appropriate to the size of space and amount of people in the room.

Class: 60 Minute Modo

Teacher: Reed Ridgley

Date: August 8th, 2017 8:00am

Location: Studio Spine Yoga, NYC

Students: 5 (Charles, Nick, Jonathan, Michael, Scott)

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. My silent intention is to move people through the sequence and allow them to experience it for themselves, as opposed to telling them what they should feel. I think I did a pretty good job of this today.

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. I need to pause and give time and space for people to experience their own practice.
 - b. I need to vary my cues..
 - c. I need to say less (though I think I am pretty good at this today)
 - d. I would have liked my class today to have been more fun. I would like to bring more levity to my class (but naturally, not forced or scripted)

“What is my Sankulpa as a teacher?”

I want to teach a class that allows people to discover their own practice. I want to provoke questions.

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