



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. 75 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 (For What its Worth (India Dub).
 - 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. I felt extremely relaxed and very present with everyone in the room. I was genuine and personable.

4. How was my timing/pace? Length of holds? Smoothness of transitions?
 - a. For the most part my timing pretty good, but I taught the 75 minutes and only added two poses so maybe I was a bit long.
 - i. If I was long it was at the beginning. I did a long warm up, but I like doing that so I need to figure out how to edit that.

5. Was I connected to the people in the room? How was my language appropriate to the level(s) of students present?
 - a. I felt extremely connected to the people in the room. I even managed to tell some fun facts about Sanskrit when appropriate or make a joke about something I learned at training or about something else.

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 15th, 2017 8:00am

Location: Studio Spine Yoga, NYC

Students: 5 (Scott B. Nico B. Michael C. Taylor M. Marina B.)

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. YES!
 - i. I usually don't introduce a group intention, because personally I don't like being told what to set my intention on, but today I did.
 1. Last night I watched the documentary "The Minimalists" which really spoke to me. I told the class about it and weaved the idea of "doing less to make room" throughout the class when appropriate, but not too much.
 - a. I was very happy and surprised with how well I used the intention.

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. As per Michael Lowney's feedback, I really tried to give better breath cues, especially in and out of the poses.
 - i. I think I did a pretty good job of this but I need to continue to work on this.
 - b. As always, I want to get better speaking to exactly what is happening in the room, not saying what I think I should be saying. But I think I'm doing a pretty good job of that, I just need to stay on track with that.

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