



## 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. At the front desk 30 minutes prior to the start of class
  - b. Had the new student fill out her liability waiver, showed her around and set up with mat, towels and water.
  - c. Help the staff fold towels
3. Generally, how am I feeling about the class I just taught? Was I present in the room?
  - a. Very good. I don't think I landed Siobhan's "formula" well but I do think I was far more confident in my cues and getting people in and out of poses.
4. How was my timing/pace? Length of holds? Smoothness of transitions?
  - a. Standing sequence was too long .
  - b. Warm up was too long.
  - c. I had to rush the last half of the floor sequence.
5. Was I connected to the people in the room? How was my language appropriate to the level(s) of students present?
  - a. I feel that my connection to the people in the the room was great and that this is the strongest part of my teaching.
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.
  - b. I think I am good a bringing variety to pace and tone and volume depending on where we are in the sequence.
  - c. I bring intersting facts to the poses and the language and some humor

Class: 60 Minute Modo

Teacher: Reed Ridgley

Date: September 15<sup>h</sup>, 2017 8:10am

Location: Modo Yoga, NYC

Students: 5 (Randy, Ian, Kara, Antika, Fiona)

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 was to work with Siobhan's formula and I don't think I was terribly successful at that.
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. BREATH CUES IN AN OUT! Treat this like one sentence.

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