

Adaptive Group Class Observations

Length of Class:

What yoga practices are included in the class(ex. Asana, meditation, pranayama, etc..)?

What is the Environment of the Class Like?

Did the teacher begin with Check In?

Explain the Group Dynamics, communication skills, presence, and non-directive dialogue.

Is there an intention and information for the class that is shared with the students around yoga philosophy, meditation, awareness practice, therapeutic movement, etc? Please explain?

Was the material listed above presented clearly, and how could you tell the students understood the lesson?

Is the instruction clear? Was the verbal cueing adequate? Not too much or too little? How could you tell?

What was the teacher's ability to transmit benefits and value of the practices and body awareness to the group making it a valuable experience for all? What lessons were given around learning mindbody practices or coping with illness and disease?

Was the teacher able to adapt to those in the space? Explain.