

## Class Observation Form

### General

- Sit upright on whatever props you need. Don't lie down, slouch or sprawl out.
- During savasana and meditation, be still and silent. Practice meditation yourself.
- The intention is to observe the nuance of a yoga class. You are not judging the quality of a class.

### Questions

What did the instructor say as introduction? How did the instructor start class?

What theme was included? Note something from the class that contributed to the theme.

How often did the instructor demonstrate poses? If the instructor isn't demonstrating, what is she doing?

Were the cues easy to understand and follow?

How did the instructor end class?

