



## Video/Class Assessment Review Form

Assessor's Name: \_\_\_\_\_

Date of Assessment: \_\_\_\_\_

Candidate's Name: \_\_\_\_\_

Video \_\_\_\_ Class \_\_\_\_ Video Name or # \_\_\_\_\_

Date of Video or Class \_\_\_\_\_ Type of Class \_\_\_\_\_

Number of students in the class \_\_\_\_\_

Prajna Yoga teachers should inspire students, aid in deepening their practice, provide insight into the nature of the yogic teachings and create a joyful teaching environment. The three pillars of Prajna should be followed: Asana, Anatomy (Alignment) and Wisdom, according to the teacher's own inspiration, capabilities and strengths.

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|---|---|
| 1. Overall was the teacher effective in teaching a Prajna class?                | Yes ___ No ___                                      |
| 2. Did the teacher begin class with a centering activity?                       | Yes ___ No ___                                      |
| If yes what was it?   | Seated Meditation ___ Other ___                     |
| 3. Did the teacher share any Prajna Wisdom?                                     | Yes ___ No ___                                      |
| If yes what was it?   | Poem ___ Story ___<br>Dharma Talk _____ Sutra _____ |
| 4. Did the teacher's class have the flavor of mindfulness throughout the class? | Yes ___ No ___                                      |
| 5. Overall, was the Wisdom teaching integrated in the rest of the class?        | Yes ___ No ___                                      |
| 6. Was there adequate time given to warm up poses?                              | Yes ___ No ___                                      |
| 7. Did the teacher establish a clear theme to the class?                        | Yes ___ No ___                                      |
| 8. Did the sequence of poses flow well?   | Yes ___ No ___                                      |
| 9. Was this theme linked to the sequence of poses throughout the class?         | Yes ___ No ___                                      |
| 10. Were the teacher's verbal adjustments and instructions clear and concise?   | Yes ___ No ___                                      |
| 11. Did the teacher offer the use of props where appropriate?                   | Yes ___ No ___                                      |

## Prajna Yoga Video/Class Assessment Review Form

|   |   |
|---|---|
| 12. Was the teacher's presence dynamic  | Flat ___ Average ___ Dynamic ___  |
| 13. How was the pacing of the class?  | Too slow ___ Just Right _____<br>Too Fast _____   |
| 14. Did the teacher demonstrate a capacity to connect to students?  | Disconnected _____<br>Somewhat Connected _____<br>Very Connected _____                                |
| 15. How was the teacher's overall quality of voice? Was it:<br>a. Audible?<br>b. Clear?<br>c. Pleasant?<br>d. Resonant?<br>e. Varied? | a. Yes ___ No ___<br>b. Yes ___ No ___<br>c. Yes ___ No ___<br>d. Yes ___ No ___<br>e. Yes ___ No ___ |
| 16. Did the teacher use descriptive language and metaphor?  | Yes ___ No ___  |
| 17. Did the teacher offer options to poses to make them more accessible to all students?  | Yes ___ No ___  |
| 18. Did the teacher adequately demonstrate the poses and the correct alignment?   | Yes ___ No ___  |
| 19. Did the teacher provide physical adjustments and corrections that were helpful?   | Yes ___ No ___  |
| 20. Was the asana portion of the class followed by Savasana?  | Yes ___ No ___  |
| 21. Was the asana portion adequate in length?   | Yes ___ No ___  |
| 22. Did the class conclude with meditation and or a chant?  | Yes ___ No ___  |
| 23. Do you think this teacher adequately demonstrated the principles of Prajna Yoga and is ready to be an "associate teacher"?        | Yes ___ No ___<br>If no, please explain on another sheet.   |

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Date Feedback Sent to Student: \_\_\_\_\_