

Insight Teacher Training 2015-2016
Observation and Reflection guide

Student name _____

Teacher name _____

Class _____

Location _____

Date and time _____

How many students were in the class?

To your best estimation, what was the average age (or age range) of the students?

What themes did the teacher present?

Asana

Pranayama

Meditation

What was the pace of the class? (please choose one and explain)

Fast

Moderate

Slow

What was the intensity of the class? (please choose one and explain)

High

Moderate

Low

What challenges did you see students encounter?

Did the teacher address these challenges? How?