



## **FEEDBACK FORM #2**

**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? **60 Minutes**

2. What did I do to connect with students before and after class? If nothing what could I have done?

**I set up their mats, turned on music, made sure the room was clean and warm and smelled nice.**

**I greeted everyone at the front desk, let them know they were all set up, and thanked them for coming.**

**It was very professional 😊**

3. Generally how am I feeling about the class I just taught? Was I present in the room?

**I thought it went really well! I was calm and grounded and pretty clear.**

4. How was my timing/pace? Length of holds? Smoothness of transitions?

**My timing was a bit off. I spent too much time on the standing sequence and had to rush the end 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?

**YES, I was very connected and gave hands on adjustments and taught to those people in that room at that time. I think this is what I do best as a teacher.**

Teacher: Reed Ridgley  
Attended by: Val and 3 other students  
Where: Modo NYC- West Village

Class: 60 Minute Modo  
Date: October, 2<sup>nd</sup> 2017

6. How did I bring my own voice through the Moksha sequence to support and challenge the students?

**I spoke from my own experience and even said some things about the origins of words or poses that are not part of the “modo script”.**

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?

My intention was to just teach the class. Not “do” anything to impress or to complete a task or “do something the way I thought Val wanted me to”. It was to be there, then; teaching.

**Yes, I stayed connected to this intention and I believe it came across.**

8. Based on this teaching experience, and after reviewing the student feedback, what one thing will I work to improve on in my teaching?

**Make my own internal pace, like a metronome. FEEL the class just like I FEEL my own practice.**