

SELF EVALUATION FORM FOR TRAUMA-INFORMED YOGA

THIS IS THE FORM FOR YOU TO REFLECT ON AFTER YOUR TIY PRACTICE CLASSES. YOU CAN USE THIS FORM TO WRITE YOUR 700 - 100 WORD REFLECTION ESSAY.

DATE: _____

Please circle the relevant number.

	Poor	Fair	Good	Excellent
To what degree did you offer choice or variations for the asanas, meditation or pranyama?	1	2	3	4
To what degree did you feel safe teaching the class?	1	2	3	4
To what degree did you feel you could listen to your own needs during class?	1	2	3	4
To what degree did you sustain a soothing tone of voice during your class?	1	2	3	4
To what degree did you invite your students to connect with the sensations of the body?	1	2	3	4
To what degree did you feel calm and present?	1	2	3	4
To what degree did you use invitational and interoceptive cues?	1	2	3	4
To what degree did you externally orient and internally resource your students?	1	2	3	4
To what degree did your students feel calm after the class?	1	2	3	4

WHAT ARE THREE LEARNINGS AND TAKEAWAYS FROM THIS PRACTICE TEACHING CLASS? WHAT DID YOU LEARN ABOUT YOURSELF? WHAT DID YOU LEARN ABOUT BEING IN THE ROLE OF TEACHER?
