

# SAMAYOGA

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C E N T E R

Sama Yoga Teacher Training

Observation Sheets

With Rebekah Jacobs & Angie Mandl



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# Observation Sheet A

Welcome and Centering, Warm Up

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Describe in a few words:

1) How the teacher welcomed the students (personally, as a whole)

2) If there was a centering and approx. how long it took

3) How the warm up was done (does not have to be pose by pose, more general – thorough?  
Following a certain pace/linked to breath? Approx. how long it took

Name:

Class (Title and Length) / Teacher:

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# Observation Sheet B

## Śavāsana and End of Class

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Describe in a few words:

1) How the teacher led students to Śavāsana

2) If there was a guidance in Śavāsana

3) How the teacher led students out of Śavāsana and “closed” practice (sending students off)

Name:

Class (Title and Length) / Teacher:

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# Observation Sheet C

## Teacher's Voice and Languageing

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Describe in a few words:

1) How the teacher's voice made you feel

2) If there were any cues/words that "landed" or did not land at all with you

Name:

Class (Title and Length) / Teacher:

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# Observation Sheet D

Cueing

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1) Name three action words that were useful/valuable to you

2) If applicable, name filler words that you deemed unnecessary

3) Remember to observe the good first ☺

Name:

Class (Title and Length) / Teacher:

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# Observation Sheet E

## Transitions

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Describe in a few words:

1) Observe and note one or two transitions that landed well with you

2) If applicable, note a transition that did not feel good in your body

Name:

Class (Title and Length) / Teacher:

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# Observation Sheet F

Observation, Alignment, Demonstration

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Describe in a few words:

1) Was a theme announced or were you able to identify one?

2) Was a demo offered? Verbal/non-verbal? Effective? Necessary?

3) How much time/space was given between each alignment cue? From side to side?

**Name:**

**Class (Title and Length) / Teacher:**