

"Observation Write-Up"

The Observation write-up should include comments on the following:

1. What did you learn?
2. What did you like best?
3. Was anything unclear or confusing for you?

Note the following:

1. Timing of Elements
2. Effectiveness of Centering
3. Opening
4. Sequencing
5. Closing
6. Demonstration

7. Guiding of Postures

8. Breathing

9. Relaxation

10. General Tone of Class