

Self-Assessment - End of Year One

These questions are for you to answer as we near the end of the first year to help us ascertain any areas where you might need extra help or support.



Please complete and email to Deb by Friday 15 March 2019

Overall, how well do you feel that are you managing the demands and workload of the course?

--

Are you maintaining a regular yoga practice?
--

--

Are you attending a weekly yoga class? Please confirm the name of your weekly teacher.
--

--

Have you missed any course days?

--

If you are behind in completing any homeworks please tell us how you are planning to catch up.
--

--

Do you have any financial concerns relating to the course?

--

Are you finding having a mentor helpful?

--

Do you require any additional support from the course directors and tutors?

--

Do you have any comments about any of following aspects of the course? It would helpful to know if any particular area is causing you concern:

Anatomy

Class planning

Physiology

Teaching

Asana

Philosophy

Any further comments

--



Your responses will form the basis of your end of year review with a course director.