

i-SKY (YogaAllianceProfessionals & KRI) Trainer's Assessment of Student Practicum

Updated May 2020

Name of Student Instructor: _____ Date of Assessment: _____

Name of Assessor: _____ Stated Level of Class: *Beginner/Intermediate/Advanced* Authenticated Source Material: _____

Mark your assessment for each item on the scale with an "X" or a "•" if unsure or not observed	To Improve KRI YAP		<Satisfactory><Good>			Assessor Comments
	X	X	X	X	X	
Appearance	X	X	X	X	X	
Appropriate appearance (modest - light natural fibres – (KRI recommend head cover))						
Preparation						
Arrived at least 10 min. early - Music/lighting etc, prepared						
Appropriate introduction of the teacher						
Appropriate General Cautions given (plus any specific to this class)						
Appropriate (brief) introduction to modern Kundalini Yoga (atbYB)						
Affirming Awareness of the Infinite using appropriate effective technique e.g. aoa, aai(live), maa(birth), (<i>Ong or Adi mantra recommended</i>) (Tuning In)						
<i>Supplementary opening technique</i> (e.g. arms opening petals to the sun) (optional)						
Music						
Appropriate (in keeping with yogic tradition) choice & volume						
Projection						
Sits straight and contained - Inspirational example						
Confident - any necessary notes discreetly to side						
Voice audible, understandable						
Encourages students						
Holds the space; demonstrates posture then observes class						
Pranayama						
Accurate Instruction						
Adequate Observation						
Appropriate Correction						
Kriya						Name & source of Kriya:
Appropriate warm ups						
Description & effects of kriya						
Even pace; appropriate rest						
Reminders of mental focus (if appropriate) e.g. mantra, nose tip etc.						
Reminders to focus, breathe etc, (when appropriate)						
Reminders to apply bhanda, adjust posture etc. (when appropriate)						
Reminders of cautions (general and specific - where appropriate)						
Appropriate timing of exercises for class level						
Commanding use of "inhale/exhale" instruction						
Clear ending of each exercise						
Accurate Instruction						
Adequate Observation						
Appropriate Correction						
Accurate Instruction						
Adequate Observation						
Appropriate Correction						
Accurate Instruction						
Adequate Observation						
Appropriate Correction						
Accurate Instruction						
Adequate Observation						
Appropriate Correction						

Mark your assessment for each item on the scale with an "X" or a "•" if unsure or not observed	To Improve		<Satisfactory><Good>			Comments
	KRI	YAP				
Name & Source of Meditation	X	X	X	X	X	
Clear, precise instruction and demonstration						
Name and benefits of meditation given						
Accurate Instruction						
Adequate Observation						
Appropriate Correction						
Able to carry any mantra (projection, rhythm)						
Able to hold the space						
Smooth ending (including time for contemplation)						
Atmosphere adjusted (lights, music etc.)						
Leads students into relaxation						
Leads students smoothly out of relaxation						
Timing						
Began and ended on time						
Appropriate balance of preparation, exercise, meditation & relaxation						
Ending						
Blessing/ Uplifting Thought (e.g. Long Time Sun etc.)						
Seal the Practice (e.g. Bowing with Chakra7-1sequence Peace/Acceptance-Light-Truth-Love-Empower-Flow-Security/Peace)						
Smooth Closing (eg Sat Nam or Lung Ay Lung for the Anahata (ay as in play))						
Intangibles: The immediate feelings and impact that the teacher imparts to you - presence, projection, emotional qualities, spiritual frequency, intelligence, kindness, etc. - sensed rather than measured.						

A: Assessors comments on the first assessment feedback with the student teacher.

Was the student instructor open to feedback? Yes / No

What needs to improve?

What has improved?

Add any other comments you would like to make:

B: Assessors comments on subsequent assessment feedback with the student teacher.

Was the student instructor open to feedback?

What needs to improve?

What has improved?

Add any other comments you would like to make:

Could you recommend them as a Kundalini Yoga Teacher?

YAP YES / NO

KRI YES / NO

Designated Assessor Signature.....Date..... Designated Assessor Signature.....Date.....

Trainers please ensure satisfactory assessments are entered on the weekend register against the students name.

Signed off by SYT as competent to instruct Kundalini Yoga in the Aquarian Age

(no X in the need to improve column on final observation) Senior Yoga Teacher Signed

Please note that this sheet is to be retained by the student for submission as the required piece of coursework evidence recording that a satisfactory practicum assessment has been countersigned by the LeadTrainer/SYT.