



## **Y4L Sister Studio Affiliate + Outside Class Observation Form**

### **Y4L Sister Affiliate Studio/Teacher:**

You may have a studio you frequent that is not Y4L Approved for Intuitive Vinyasa or not part of your counted hours. Or you may want to gain more hours with an E-RYT 200 teacher and cannot come to an Inner Goddess Retreat to gain more hours.

If this applies to you, your local studio may be a place you want to do more practices! This does not in any way REPLACE your required Y4L Approved Intuitive Vinyasa classes. However, you want the additional hours to count for Hands On for your future Yoga Alliance submission.

Please ask the owner if she or any of her staff are E-RYT200 or RYT 500 Hour Teachers. Then find out if she or they would like to be a Y4L Sister Studio/Teacher Affiliate! If she is interested, get her email and start an email intro to her and your Director! We will be in contact and if approved we will let you know! Namaste.

Share this link with her:

<https://www.yoga4love.com/vision-goddess-tribe/goddess-tribe/>



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### Attending Outside Classes:

Between Modules 3 and 6 we would love for you to experience a few outside classes other than our Yoga 4 Love Intuitive Vinyasa. By now you have really embodied our Signature Flow. We would like for you to take at least 3 outside classes and use these journaling notes. All others simply make notes on your Practice Log.

After taking another style of yoga class please log the class on your Practice Log. Placing a 0 for the hours, because your Director did not teach it. The hours only are logged if it was a class with an approved Y4L studio or teacher.

Create a Google Doc and Review/journal your practice notes. Then answer these questions using these prompts:

- What came up for me?
- Did I feel that I stepped out of my comfort zone?
- Do I appreciate that style?
- Did I resonate with that teacher?
- Does it resonate with me? Why or why not?



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- What did I notice about my own practice?
- What did I notice about my thoughts?
- What I notice about my breath and alignment?
- Was I watching other students?
- What was my mind doing during the class?
- What did I learn?
- Did I hear some verbal cues that I could utilize in my future classes?
- Was there humor or was it serious?
- Was there music or sound or silence?
- What did I notice about myself while practicing with strangers?

Add any other notes on the styles of teaching, the instructor, the atmosphere etc.  
Please save to your folder and Submit notes with your next Module on Classroom.