

Embodied Flow™

DEMONSTRATION VIDEO REPORT FOR CERTIFICATION

The Embodied Flow™ video report is a tool for both you and the School to create a meaningful dialogue about your teaching process. After all of your work, this is now the chance for us to see where you are as a teacher of Embodied Flow. As we recognize that after this video process you will either be “Inspired” or “Certified”, it is a way for us to offer feedback on your teaching, and to ensure that you have a proper command over the Embodied Flow material. Consider the video as a process.

The class must be in English. At this point, we do not have assessors in all languages. While we recognize that English may not be your first language, we are assessing in English, so it is the only way for us to appropriately give you feedback.

We will most likely ask for you to make more than one video so that we can offer feedback, give you time to incorporate that feedback and watch a second video. We recognize that the process may feel extensive, but it is the best way for us to see your teaching and to ensure that we are all in alignment with what we consider a representation of the School of Embodied Flow.

VIDEO REQUIREMENTS

- Class can be anywhere from 60-90 minutes and should be filmed with six or more participants.
- At least 60% of the class should demonstrate dynamic asana or flow. While we celebrate free movement and Yin styles of teaching, we want to see that you can move a room. We recognize that may not be the type of yoga you are most familiar with teaching, but to be certified in Embodied Flow we want to know that you can move a room through dynamic asana.
- Please make sure the audio is good. It is hard to view a class where we can't hear the audio. We know you may have to stretch a little to make this happen, but it makes the process so much better.
- Please note, the administration fee of \$150 USD is due upon submission of the video and it includes two rounds of feedback in case it is needed.

What we want to see in your video:

- Ability to carry a theme through class
- Ability to embody the theme and support with a principle, point of focus and touchstone
- Linking language to the above three, mixing active and passive language
- Timing of voice and pace to support the class theme
- To be able to stay anchored in yourself as well as support the classroom
- That the sequence makes structural and thematic sense
- That the teacher is a representation of Embodied Flow

Video certification checklist

This checklist is designed to help you plan and review your certification class. Please ensure you are able to speak to your own reflections for each requirement before you submit your video for formal review.

Clarity of container

- Is the opening and closing of the class clear, concise and supportive of the students arrival and embodiment?
- Do you confidently draw in the focus of the room from the beginning?
- Are instructions for use of props offered at the beginning so students aren't left 'guessing' as to what they need for the experience?

Application of Embodied Flow methodology

- How is the EF principle brought to life in the class theme?
- Was the principle woven throughout the Theme/What/So What of the class?
- Is the What, So What and How of your theme clear and consistent throughout the class?
- Was there an embodiment practice or somatization to bring students into the felt sense if the what?
- Did the sequence support the theme?
- Do you skillfully weave poses together with clear transitions?
- How is an experience of flow created? Is there an opportunity to explore movement in stillness and stillness in movement?

Facilitation proficiency

- Was there a balance of active and passive language? Did you link instructions in movement?
- What qualities of presence and holding space do you employ?
- Does your voice and language match the intention for the experience? Are there any language 'isms' or unhelpful inflections in your voice that need refinement?
- Were you able to carve the space and be with your students and plan ahead at the same time?
- Where you able to hold the space of the class and easeful transition between, the different components of the class (e.g. meditation, asana, free movement, standing, sitting)

VIDEO REPORT TEMPLATE

Name of Student: _____

Date of Report: _____

Date of Recorded Class: _____

Please give answers to the following questions:

1. What was the intention for the class?
2. What ideas/themes/were you working with?
3. What is your "What, So What and How"?
4. Does your experience of watching the video align with your experience of teaching the class
5. What level would you say the students in the group are at? What observations, or energies did you notice in the room and how did you adjust your teaching to compensate or integrate?
6. In observing your video: what is meaningful for you?
7. What questions do you have for yourself?
8. What questions do you have for the individual(s) watching your class and offering feedback.
9. What principles emerged out of your teaching?
10. How would you facilitate this class differently after watching the video, what would you do next time to deepen or further the classroom experience?

Send your video, along with this report to info@embodiedflow.com
*Please note that you may be asked to resubmit a video after receiving feedback.
The submission fee covers two rounds of feedback.*