**Student Teacher Record of Teaching**

During the Diploma Course you must record at least thirty hours yoga teaching. 15 hours are formal class teaching and detailed requirements for this are in the course description for Unit 4 of the Diploma. The remaining 15 hours may be accumulated flexibly and this includes one to one or small group teaching, teaching sessions or teaching practice of short duration, including peer group teaching, or longer workshops and the teaching may be on any specific area of yoga studied during the course. Details of your teaching during the Diploma should be included below and at least thirty hours (including the 15 hour formal class teaching) must be recorded together with reflective evaluation of at least thirty hours, either in the form of required reflective evaluation sheets or a personal reflective log.

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| **Date** | **Length of teaching** | **Venue** | **Own class/ cover/other** | **Short description of students – number (or one to one) and level** | **Brief description of content (general/asana/relaxation/breathing/meditation/other)** |
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(add rows as needed)

**Signature of student teacher:**

**Date:**