

# OHYA Original Hot Yoga Teachers Certificate of Standards

Once you have completed an Endorsed Teacher Training through the OHYA and have completed your internship of 75 Original Hot Yoga Classes, please ask your studio owner or Level 2 or higher teacher from the OHYA to take and evaluate your class. Once completed, please email this form to [ohyateachers@gmail.com](mailto:ohyateachers@gmail.com) the same day that you submit your registry with the OHYA Original Hot Yoga Teacher Directory. (along with your sheet showing completion of your 75 classes taught in Original Hot Yoga.)

To the evaluating teacher: Thanks so much for taking this teachers class and honestly evaluating it for the OHYA. Our goal is to encompass our teachers from Endorsed Teacher Training's into the greater Original Hot Yoga community and teacher registry. Please sign, date and provide your email at the bottom of the page. There are 75 possible points, and if this teacher cannot make 70/75, please give them feedback and ask them to come back and teach another class. This evaluation is only finalized when the teacher can achieve a score of 70 or higher.

**Please rate the instructor from 1-5 on each standard.**



*Uniting, Supporting, and  
Promoting Original Hot Yoga*

\_\_\_\_\_  
Name of Teacher Being Evaluated

1. Personal Practice - This teacher maintains a consistent and mindful 26 & 2 yoga practice, and demonstrates a clear understanding of the traditional 26 & 2 method.
2. Delivers instructions/dialog in a strong, clear, and effective voice through verbal commands.
3. Instruction/dialog is effectively delivered to reflect the needs of the students he/she is teaching.
4. The teacher's personality emerges while teaching the class, offering his/her unique talents in an effective and appropriate manner.
5. Mindfully connects to both the group and individuals to create an environment where students feel welcome, comfortable, and safe.
6. Establishes healthy professional boundaries between the students and themselves.
7. Please evaluate this teacher's ability to receive and apply constructive feedback in order to professionally evolve.

8. Offers applicable corrections to individual students when necessary.
9. Leads from the podium or front of the room.
10. Encourages beginners.
11. Connects with students before and after class.
12. Demonstrates balanced timing and pacing of asana.
13. Effectively employs savasana for a minimum of 20 seconds.
14. Intelligently controls environment (heat, air flow, oxygen, etc.)
15. Teaches to educate, empower, and heal.

\_\_\_\_\_  
Name of Evaluating Teacher

\_\_\_\_\_  
Studio Name

\_\_\_\_\_  
Email

\_\_\_\_\_  
I have evaluated this teacher in an Original Hot yoga class (90 minute 26 & 2) and he/she meets the standard set forth listed above on these standards hitting a score of 70 or higher.