



Facilitator Rubric

Theme	Trauma-informed Yoga Practice	Observation	Notes
Space Set-up/ Environment	Practices in a circle	Never Sometimes Always	
	Maintains consistent lighting	Never Sometimes Always	
	Avoids music OR includes intentional use of music	Never Sometimes Always	
	Avoids scents or aromas	Never Sometimes Always	
	Participants all have similar, if possible, uniform, supplies	Never Sometimes Always	
Before Practice	Demonstrates knowledge of participants' names	Never Sometimes Always	
	Allows personal agency in set-up	Never Sometimes Always	
	Available to participants	Never Sometimes Always	
Beginning Practice	Establishes personal agency	Never Sometimes Always	
	Begins with movement	Never Sometimes Always	
	Provides space to check-in	Never Sometimes Always	
	Establishes an external resource	Never Sometimes Always	
During Practice	Chooses accessible postures	Never Sometimes Always	
	Chooses safe postures	Never Sometimes Always	
	Avoids triggering and prohibited poses	Never Sometimes Always	
	Offers choice in postures	Never Sometimes Always	
	Alternates between active and neutral/resting postures	Never Sometimes Always	
	Facilitates at a slow pace	Never Sometimes Always	

	Provides options for longer holds	Never Sometimes Always
	Offers conscious breathing practices	Never Sometimes Always
	Offers periods of stillness and silence	Never Sometimes Always
	Remains on their mat	Never Sometimes Always
	Refrains from touching participants	Never Sometimes Always
Closing Practice	Offers a final resting pose	Never Sometimes Always
	Integrates the experience	Never Sometimes Always
After Practice	Available to participants	Never Sometimes Always
Language	Uses simple, direct physical cueing	Never Sometimes Always
	Emphasizes mindful interoceptive awareness	Never Sometimes Always
	Includes a complete range of mindful sensory awareness	Never Sometimes Always
	Uses language of inquiry	Never Sometimes Always
	Normalizes a range of experience	Never Sometimes Always
	Reports experience vs. telling participants how to feel	Never Sometimes Always
	Offers choice and agency	Never Sometimes Always
	Creates moments for participants to reflect on experience	Never Sometimes Always
	Uses "your" language, vs. "the" when referring to body	Never Sometimes Always

After Action Review Questions for Facilitator:

What choices did you make based on what you know to be trauma-informed?

In what ways did this call feel appropriate to the participants that were present?

How grounded did you feel before, during, and after your practice?

How connected did you feel with your participants?

What went well?

What didn't go well in class today? Are there different choices and accommodations you might make in the future?