



TheInnerDancer.com | ContactSamantha@gmail.com

**BTA Bonus Class with Samantha Karim
HOMEWORK WEEK 3**

Please complete and bring to next class.

1. Review your video from class. How would you plan your class/course now?

What would you add in?

Take away?

Develop more?

How would you start to change this into a 5 minute lesson, 15 minute lesson, 30 minute lesson?



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2. Food for thought:

Was it uncomfortable for you to review your classmates in today's exercise?

Did you tell them what you actually thought of regarding your experience or what you would suggest?

Did you hold anything back for the sake of being nice?

Journal why or why not. Be honest with yourself and allow yourself to freely write.