



FEEDBACK FORM #2

THIS FORM IS FOR ANY STUDENTS WHO DO NOT TEACH YOGA

Please elaborate where possible, you can use the back of this sheet.

Thank you for taking the time to offer your feedback to the instructor. Please be honest and focus on the questions that stand out to you based on your experience in the practice. When possible, elaborate beyond “yes” or “no” feedback.

1. What length of class did you attend? (circle or underline one) 60 mins, 75 mins, 90 mins
2. Did you feel greeted and welcomed by the instructor from beginning to end? If it was your first time, did you feel prepared by what was told to you at the front desk or at the beginning of class (ex. where to put your mat, when to drink water, about what to do when you got too tired or too hot)?

Yes 100%. very welcoming and attentive.

3. How was the pace/rhythm of the class? The part of class spent standing? The part of class spent on the floor? Were the postures the same length of time on either side?

The class flowed really nicely. it may have just been me but it felt like we were holding poses longer then usual. that being said everything felt very even.

4. Were the instructions clear and easy to follow? Were you confused by the instructions at any point? Did you notice any overused words?

absolutely, i felt like the poses were cued very well and lots of reasoning behind them which i enjoyed. no over used words, felt everything was well calculated and thoughtful

5. Did you feel that the instructor controlled the heat/humidity in the room?

yes

6. How was the instructor's volume? Could you hear him/her throughout the class? Was the instructor's voice engaging? How was the tone/variation of the voice?

volume, perfect. honestly thought it was great but would have loved a bit more of “you” in the class. i know that may be frowned against but i feel that is what makes my favorite teachers stick out from the rest. you have such light and fun energy and i would love even more of that!!

Class: 75 Minute Modo (5 Students)

Teacher: Reed Ridgley

Date: August 29th , 2017 8:00am

Location: Studio Spine Yoga, NYC

7. Did the instructor give any adjustments to your postures (verbal or hands-on)? Were they helpful? Appropriate? Effective?

yes so helpful!

8. Did you feel rested during the final posture (savasana)?
absolutely