



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)?

I felt very welcomed into the space, and felt comfortable from beginning to end. However, I did not get much information about the temperature of the room/ what the precautions are for hot yoga or what to do when you get too tired or hot. I was not worried though because I know my own body and have experience with yoga.

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 pace was perfect although I feel like we spent more time on the first side, the left side, than on the other. The second side was always a bit more fluid.

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

Reed was very clear and concise and the instructions were very clear. I don't think he over-used too many words- he actually interjected little bits of history here and there and made some things comical so it wasn't so serious.

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

I did not notice that he did, nor did I feel a change.

Class: 75 Minute Modo (3 Students)

Teacher: Reed Ridgley

Date: September 8th, 2017 8:30am

Location: Studio Spine Yoga, NYC

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?

His volume was perfect- there were only three of us, so there was never a moment where I couldn't hear him. I do feel like his voice was engaging and motivational during more difficult poses and moments of balance.

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

All adjustments were clear to me and I didn't need much else- verbally. As a dancer I am comfortable with hands on corrections and follow them more easily. They were all helpful, appropriate and effective especially because I hadn't taken yoga in a while, I appreciated the corrections and reminders.

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

I did feel rested but I didn't feel as released or open as I hoped. I think I am used to having more hip opening exercises and that's what my body needed, but I was definitely more relaxed and calm at the end of class.

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