

## FEEDBACK FORM #1

### THIS FORM IS FOR ANY STUDENTS WHO ALSO TEACH YOGA

*Please elaborate where possible.*

1. What length of class did you attend? 60 mins, 75 mins, 90 mins (circle or underline one)

1. Was the instructor present and welcoming during the sign-in process? At the end of class, did the instructor stay in the room until the students started to leave?

Yes, very welcoming during sign-in and friendly. I don't remember if he stayed in the room or not.

1. Did you feel the instructor had a good sense of pace for the class? *(How was the introduction? How was the length of the standing series, the floor series? How were the length of holds/length of savasana?)*

The overall timing of the class was precise. I felt like the introduction was maybe a little long or just too verbal. I would have liked less talking.

1. Was their attention and presence evenly spread throughout the class?

Yes, I felt attention and presence were very evenly distributed and consistent.

1. Were their instructions clear and easy to follow? *(Good rhythm? Did they get you in and out of poses properly? Were the transitions between the poses smooth? Did you notice any overused words?)*

I would have liked more clear and direct cues. All the information was there, but it could be cleaned up and streamlined a little bit. For example, get us into the pose more quickly, then offering deepening cues, but get us all there sooner. I would also say do not say "I'm sorry" if you make a mistake, maybe say "rather" or something to adjust what you meant to say, but to keep the attention on the students.

1. How was the instructor's tone, volume, dynamics? Did they use a natural voice? How was the energy arc throughout the practice?

Vocal production was clear and authentic. The energy felt a little too corrective. I think it should feel more guiding.

1. How was their body language? (stance, pacing, watching students or looking around, etc)?

Stance, movement and awareness of students throughout class was all good and very evenly distributed.

1. Hands-on adjustments are encouraged, but not mandatory. Did the instructor give any adjustments to your postures during class? Were they helpful? Appropriate? Effective?

Yes, I received an adjustment from him during prayer twist to the left, but he forgot to come back and do it on the other side. I also felt that he wasn't grounded enough while offering the adjustment, so I felt like he wasn't listening to my body once his hands were on me.

1. Was the humidity/heat controlled?

Yes, the room felt great!

1. What are 2 or 3 main points to work on for next class based on where this teacher is at now?

Language- Keep it positive. Instead of telling us what *not* to do. Just think of more ways to say what you would like us to do. Simplify your cues. Give us a verb or action, the body part we need to move, and the direction. Also, when offering more cues and adjustments once everyone arrives in the posture, it felt like you were trying to correct us. Instead of encouraging proper alignment, I felt like you were eliminating the space for students to customize their practice for their body. In the introduction, I would find different language for offering adjustments. You used the word touch a lot and something just sounded odd. For example, maybe "I will be offering some hands-on adjustments today, if you are not interested in that right now, please raise your hand and I will honor your space." Something to that effect instead of "I'll be touching you today, if you don't want to be touched, I won't touch you." Give us more space in general. Find times to be silent.

Adjustments- Ground down. Breathe with the student and stay with them. Stay sensitive if you are really helping them deepen. Be gentle, but solid and stay focused on your intention of what it is you are assisting them with by touching them.

When Randy came in a couple minutes late and you joked about it, that was inappropriate. While it may not seem significant and I doubt he was deeply offended, I found it very harmful to the space you are holding as the teacher. Calling people out in that way happens so much in our culture outside the studio, I think it is crucial to create a space for students where they will not be embarrassed or shamed in that way. Especially when the student is someone who you know is respectful like another teacher. I think this speaks to really taking the attention off of yourself and onto the students and creating an environment of honoring one another and joy.