



FEEDBACK FORM

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

60 minutes

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)?

We definitely felt greeted and welcomed by Reed. He expressed gratitude for having us in attendance and was very enthusiastic to instruct a class.

The class was conducted at Studio Spine, and he had mats and blocks set up for us. He also showed us where blankets and straps were if we needed them.

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 of the class was comfortable, not too fast and not too slow. The postures felt balanced.

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 gave clear instructions.

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

The room was very comfortable. Fans were blowing to keep it cool.

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?

Reed's tone and volume was clear and concise. He was definitely engaging.

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

Reed did give Jonathan and I some minor adjustments, which we appreciated.

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

Yes. Jonathan and I felt great after class. All feedback reflects how we both felt. Thanks Reed!

Class: 60 Minute Modo

Teacher: Reed Ridgley

Date: August 8th, 2017 8:00am

Location: Studio Spine Yoga, NYC

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