



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)
60

2. 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 and yes! Reed is always warm and welcoming

3. 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?)

Introduction was great! Timing was very good. This is something I am still working on, Keeping students in Warrior 2 for about 7 breaths. I know I tend to keep them longer because i have so much to say!

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

Yes, very aware and very attentive to the class.

5. 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?)

Transitions is always something to work on. Make sure to get the bodies into the posture with breath first and then talk about the pose and alignment.

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

So impressed by your tone of voice! So natural, didn't sound nervous.

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

Reed was so supportive and calming. Moved gracefully through the room. Took the seat of the teacher.

Class: 60 Minute Modo (5 Students)
Ridgley

Teacher: Reed

Date: August 22nd, 2017 8:00am

Location: Studio Spine Yoga, NYC

8. 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, he helped me in half pigeon. Helpful, appropriate and effective!

9. Was the humidity/heat controlled?

no heat in this specific class

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

Keep drilling breath cues to get in and out of poses. definitely get in the hot room because it feels completely different. So impressed how strong you are as a teacher!

Class: 60 Minute Modo (5 Students)
Ridgley

Teacher: Reed

Date: August 22nd, 2017 8:00am

Location: Studio Spine Yoga, NYC