****

**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?  60 mins, 75 mins, 90 mins  (circle or underline one)

75 Mins

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!
2. 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?)*

Yes. Reed, had wonderful pacing for both the standing and the floor series. We held the postures for the appropriate amount of time for us to work and get in and get out of them correctly.

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

Yes. Reed was very present the entire class, adjusting students, offering guidance, and perspective.

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?)*

Yes and no. There were a few instances where directions were a little confusing, but nothing we couldn’t figure out.

1. How was the instructor’s tone, volume, dynamics? Did they use a natural voice? How was the energy arc throughout the practice? The energy was fantastic in the class. My only advice would for there to be a more distance change in tone/pace between series.
2. How was their body language? (stance, pacing, watching students or looking around, etc)?

Perfect! No feedback.

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, Yes, Yes, and yes. Reed helped me explore my down dog in a great way.

1. Was the humidity/heat controlled?

Yes.

1. What are 2 or 3 main points to work on for next class based on where this teacher is at now?
2. Focus on fluidity between postures/more clarity on how to get into/out of poses
3. Continue adjusting!
4. Work with the volume of the voice to put emphasis on specific parts of the class, especially as we take savasana.