



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.

Form filled out by Mike Lefkowitz

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)?

Yes, was greeted, welcomed beginning to end. Not my first time, so I was prepared

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?

Pace for a modo class was perfect, and balanced for standing/floor, and for both sides of body

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

Instructions were clear, nothing confusing, very easy to follow

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

Not sure if it was instructor controlled . . . but the heat and humidity was as it should be

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?

Voice / volume was perfect, voice was engaging, and used different tones based on duration / strain (or ease) of posture

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

Yes, and hands on adjustment was helpful

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

Absolutely

Class: 60 Minute Modo (9 Students)

Teacher: Reed Ridgley

Date: September 29th , 2017 8:30am

Location: Modo Yoga, NYC