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**FEEDBACK FORM #1**

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

*Please elaborate where possible. You can use the back of this sheet.*

1. What length of class did you attend?  60 mins, 75 mins, 90 mins  (circle or underline one)
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, Reed was very relaxed and present with everyone that walked into the studio all the way through the end of class.**

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?)*

**Timing for the most part was awesome!  We got through it all in an hour which is definitely a challenge the first practice class.  As we got near the end, I noticed the left side was rushed a few times (pigeon, seated twist) but I think it was because we were getting short on time.**

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

**Yes, Reed’s presence was felt throughout the room and we walked around a lot without wandering.  He was able to make adjustments and focus on one person while still including the rest of the room**

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?)*

**Reed was very clear and for the most part used his cues to get us into poses.  He didn’t have to rely on taking the shape himself.  The only time I was confused was in locust on the floor, but it was only once!  The rhythm of the breath cues still needs some finessing, but that will come in time.**

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

**Reed was extremely natural and relaxed!  There were certain times when I felt he could energetically be “in the posture” with us, but that is also a personal style preference.**

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

**Reed didn’t wander and felt very grounded.  It really did feel like he was looking at the bodies.**

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?

**I did get an adjustment in my prayer twist, which was appropriate.  Because the room wasn’t heated, I wasn’t quite ready to twist that deeply, but it was given effectively.**

1. Was the humidity/heat controlled?

**Yes.  I actually loved those fans.**

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

**Linking breath cues with the length of the movement**

**Even timing of both sides of postures**

**Clearing up which leg to start on in the standing postures**

**You’re amazing Reed!!!!  I am so grateful I got to be there for your first practice class!  Thank you!!!!**