



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
I attended the 60-minute class.

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)?
He was very personable and open with everyone.

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 and rhythm of the class were balanced, I didn't feel rushed in any pose and felt very fluid.

4. Were the instructions clear and easy to follow? Were you confused by the instructions at any point? Did you notice any overused words?
The direction was specific and concise. As for terminology the words were easy to understand and were accessible in relation to objects in the room.

5. Did you feel that the instructor controlled the heat/humidity in the room?
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Class: 60 Minute Modo

Date: August 8th, 2017 8:00am

Teacher: Reed Ridgley

Location: Studio Spine Yoga, NYC

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?
- The voice was on par with the space and the amount of people. The voice was engaged because he was present. The tone and variation shifted with different postures. Also there were shifts in his voice specific to the situation when addressing individuals.
7. Did the instructor give any adjustments to your postures (verbal or hands-on)? Were they helpful? Appropriate? Effective?
- He gave me various adjustments throughout the session. He was very attentive and provided specifics to make execution more clear.
8. Did you feel rested during the final posture (savasana)?
- Yes