

BACK FOR YOGA Class and Instructor Evaluation

Our mission at Back for Yoga is:

To offer clear, inspiring, personalized instruction in a safe, supportive environment where students can heal, gain strength, and find peace of mind and a sense of community.

We invite you to tell us how we're doing. Feel free to remain anonymous or, if you'd like a response leave your name and tell us how we may contact you. Please place this evaluation in the envelope provided and slide it through the mail slot at the Gambucci Clinic next door (253 Main Street).

Things you may wish to consider:

Did the class begin and end on time?

Did the class include adequate warm-up and cool down?

Were the postures appropriate for the type of class?

Did the teacher give clear directions or demonstrations of the postures?

Were appropriate modifications of the postures offered when necessary?

Did the teacher display an open, friendly, and helpful attitude?

Was the studio clean and tidy?

Class:

Day/Time:

Instructor:

What do you like best about this class? About this instructor?

Do you have any suggestions for improvement of this class?

Do you have any suggestions regarding our class offerings, generally? Are there class times or yoga styles that you would like to see added to or expanded in our schedule? Please be specific. Our goal is to provide classes you want and the times you want them!