

# Yoga Class Evaluation Form

Rate the various elements of class on a scale of 1 to 4.

1 = unacceptable

2 = below average

3 = above average

4 = awesome

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|---|---|---|---|---|
| 1. Punctuality (Did class start and end on time?)   | 1 | 2 | 3 | 4 |
| 2. Teaching voice:  |   |   |   |   |
| a. Volume   | 1 | 2 | 3 | 4 |
| b. Tone   | 1 | 2 | 3 | 4 |
| c. Pace   | 1 | 2 | 3 | 4 |
| d. Clarity of words and direction   | 1 | 2 | 3 | 4 |
| e. Ability to soothe  | 1 | 2 | 3 | 4 |
| 3. Trust (Did I feel that the instructor knew what she or he was doing and saying, so that I felt safe during the class?)                                   | 1 | 2 | 3 | 4 |
| 4. Attention to alignment   | 1 | 2 | 3 | 4 |
| 5. Focus (Was the instructor present and attentive?)  | 1 | 2 | 3 | 4 |
| 6. Inspiration (Did the instructor motivate me?)  | 1 | 2 | 3 | 4 |
| 7. Creativity (Did the instructor present the postures in a creative manner and use expressive words to describe, modify, or move students into the poses?) | 1 | 2 | 3 | 4 |
| 8. Sense of flow  | 1 | 2 | 3 | 4 |
| 9. Use or mention of breath   | 1 | 2 | 3 | 4 |
| 10. Balance in the overall sequence of asanas (Did the sequence include postures that moved the body in all directions?)                                    | 1 | 2 | 3 | 4 |
| 11. Class structure (Did the class have a warm-up, peak[s], and a cool-down, and were counterposes presented?)  | 1 | 2 | 3 | 4 |
| 12. Approachability (Did I feel comfortable asking the instructor questions?)   | 1 | 2 | 3 | 4 |
| 13. Environment (Were there distractions, such as noise, lighting, or uncomfortable temperature?)   | 1 | 2 | 3 | 4 |
| 14. Comments (What were the best parts of the class? The less-than-ideal parts? Write down any suggestions or comments.)                                    |   |   |   |   |

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