

Manas Yoga Feedback Form

It would be helpful and greatly appreciated if you would respond to the following questions regarding your participation in the Yoga Class.

All replies will be treated as confidential and the information will only be used to improve future classes and make them as enjoyable and beneficial as possible.

How did you find out about Manas Yoga Studio?

- | | |
|---|---|
| <input type="checkbox"/> Referred by: _____ | <input type="checkbox"/> Internet Search |
| <input type="checkbox"/> Facebook | <input type="checkbox"/> YouTube |
| <input type="checkbox"/> Poster, flyers, billboards | <input type="checkbox"/> Events Marketing |

Have the following met your expectations:

The environment?

- Absolutely Good Satisfactory Not really

The content?

- Absolutely Good Satisfactory Not really

The teacher?

- Absolutely Good Satisfactory Not really

If 'Not really' to any of the above, please indicate why

Were the spoken instructions (please tick one)

- Helpful & Clear Distracting Not clear enough

Did you find personal posture adjustments (please tick one)

Helpful & Clear

Distracting

Not used enough

How did you like the sound experience?

Pleasant & Relaxing

Energizing & Uplifting

Unpleasant & Distracting

What have been for you the most enjoyable and most beneficial aspects of your visit at Manas Yoga?

Are there any aspects of the class you found unenjoyable?

Is there anything you would like to see more of or included or change in the class?

Any further thoughts or comments?

Thanks for taking the time to give me your feedback, it's much appreciated.

Erika and your Manas Yoga Team!