

Yoga Class Feedback Survey

Clayton Yoga At Work - Corporate Yoga Classes

In order to better assist you with your yoga practice, we want to know your opinions. Your feedback is VERY important to us! We would love to offer you a FREE yoga class in our studio on 4th South Central Blvd in Clayton when you bring the completed form to your corporate yoga teacher. Thank you very much for your time!

1. Please indicate the place, date and time of the yoga class you take.
 - a. Corporate name _____
 - b. Date ____/____
 - c. Time ____:____ am or pm

2. Please write down the name of the instructor _____

3. Which of the following best describes your class experience today? (Please check all that applied)
 - Calm and relaxed
 - Exhausted but feels good
 - Interesting and fun
 - Sore and painful
 - I did not learn anything. It is a waste of time.

4. Facilities (please circle one)
 - 1) What do you think about the time the class is offered?
 - a. I like the way it is now.
 - b. I prefer afternoon class.
 - c. I prefer morning class.
 - d. Other comment _____

 - 2) What do you think about the class size?
 - a. I think it is just fine
 - b. I think it is too small.
 - c. I think it is too big. The room is crowded.
 - d. I don't care about class size of yoga classes.
 - e. Other comments _____

 - 3) What do you think about the temperature of the room?
 - a. I think it is all right.
 - b. I think it is a little bit chilly.
 - c. I think it is too hot!
 - d. Other comments _____

- 4) What do you think about the brightness of the room when you are in class session?
- I think it is good.
 - I think it is too bright
 - I think it is dim
 - Other comments_____
- 5) What do you think about the scent in the classroom?
- I think it smells good.
 - I would prefer other kinds of scent. (flora/fruity/mint/_____)
 - I do not like the smell at all!
 - Other comments_____
- 6) What do you think about the background music?
- I think it fits the class substance.
 - I think the tempo is too fast.
 - I think the tempo is too slow.
 - Other comments_____
- 7) What do you think about the difficulties of the classes?
- Both challenging and acceptable.
 - Difficult. I hardly can make the postures.
 - Easy. I would like advanced classes.
 - I would like to learn other varieties of yoga.
 - Other comments_____
- 8) What do you think about the price and the payment of the classes?
- The price is fair and the way of payment is easy.
 - The price is fair but it is too complicated to make a payment.
 - The price is too expensive.
 - Other comments_____
- 9) Do you think yoga offered at the workplace is helpful for you?
- Yes. Because...(please select all that applies)
 - I get to know my co-workers better.
 - I feel relaxed after the yoga class and make me work efficiently after
 - Yoga class is a good alternative for lunch time hour
 - I get to learn something new and beneficial
 - It helps me get rid of the pain on my body
 - Other comments_____

- b. No. Because...
 - i. I feel tired after the exercise and it lowers my efficiency at work.
 - ii. I think yoga is not for me
 - iii. Other comments_____

Please write down any comments you have for us (size of class, facilities, difficulties of classes, smell of the room, and suggestions on overall experience of on-site yoga.)

Thanks again for your time!!! We really appreciate your support of our business. Please return the form to your teacher. You will receive a FREE YOGA CLASS.

Namaste:

Michelle Maue

Clayton Yoga At Work

<http://claytonyogaatwork.com/>

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