

STUDENT EVALUATION FORM FOR TRAUMA-INFORMED YOGA

THIS IS THE FORM FOR EVALUATING THE OBSERVATIONAL CLASSES. YOUR ASSIGNMENT IS TO OBSERVE 4 YOGA CLASSES, AND TO EVALUATE THEM THROUGH THESE QUESTIONS.

DATE: _____

Please circle the relevant number.

	Poor	Fair	Good	Excellent
To what degree did your teacher offer choice or variations for the asanas, meditation or pranyama?	1	2	3	4
To what degree did you feel safe during the class?	1	2	3	4
To what degree did you feel you could listen to your own needs during class?	1	2	3	4
To what degree did you feel comfortable with the tone of voice and language used by the teacher?	1	2	3	4
To what degree did the teacher invite you to connect with the sensations of the body?	1	2	3	4
To what degree did your teacher feel calm and present?	1	2	3	4
To what degree did the cues used by the teacher feel inviting?	1	2	3	4
To what degree did the teacher offer choice regarding opting out or resting whenever needed?	1	2	3	4
To what degree did you feel more peaceful and calm after the class?	1	2	3	4

PLEASE OFFER A FEW WORDS ABOUT HOW THIS CLASS IMPACTED YOUR 'FELT SENSE' AND ALLOWED YOU TO CONNECT MORE TO YOUR BODY AND INNER WORLD:

PLEASE OFFER A FEW WORDS ON WHAT THE TEACHER COULD HAVE DONE TO SUPPORT YOUR OWN UNIQUE NEEDS MORE DURING THE CLASS:
