

STUDENT EVALUATION FORM FOR TRAUMA-INFORMED YOGA

THIS IS THE FORM FOR YOUR STUDENTS WHO ARE EVALUATING YOUR CLASSES. YOU WILL NEED TO PROVIDE THESE FORMS FOR THEM TO FILL IN AFTER YOUR CLASS SO THAT YOUR TEACHING CAN BE EVALUATED 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:
