

Class/Workshop Evaluation

St. Petersburg Yoga

Your Name: _____

Date: _____

Instructor: _____

Class: _____

Write a one page essay on the following:

1. Consider the factors below in regards to the style of class and how each one was incorporated into the practice. Think of body, breath, mind, and lifestyle and where they were applicable.

- Sequencing
- Technique
- Form
- Tempo
- Music
- Use of Space/Props
- Philosophy ideas
- Anatomy & Physiology
- Spirituality
- Mind (observing to adjust)
- Use of Voice/Clarity
- Atmosphere

2. What did you learn or take away that you can use in your own practice in the future or in the future if you teach?