

YOGA STUDENT SURVEY

(We appreciate your valuable feedback to help us to better serve your needs.)

Please circle the most appropriate answer (circle more than one if applicable.) Completed forms may be dropped off at yoga class or mailed to: *Bette Phelan, PO Box 3804488, Waikoloa, HI 96738*

1. Before attending Waikoloa yoga classes I practiced yoga for _____. The style I practiced was _____ (i.e. Iyengar, Anusara, Bikrams, Ashtanga, Hatha, Power Yoga, Vinyasa Flow, Kripalu)

2. I attend Waikoloa yoga classes:

a. occasionally b. about once a month c. about once a week d. more than once a week e. other _____

3. I heard about Waikoloa Yoga from:

a. Waikoloa Whispers ad b. Waikoloa Village website c. a friend d. North Hawaii News listing e. poster or flyer f. other _____

4. I would attend yoga classes more often if they were available:

a. early weekday mornings 6-7:30am b. early weekday mornings 7-8:30am c. Saturday morning d. weeknights 6-7:30pm e. other _____

5. The best day and time for me to attend class is: _____

6. My main reason(s) for practicing yoga is(are):

a. improve strength and flexibility b. stress reduction c. anti aging benefits d. weight management e. spiritual aspects of the practice f. to improve a specific health condition g. other _____

7. The yoga classes I have attended were generally:

a. not vigorous enough b. too vigorous c. too slow moving d. too fast moving e. just about right most of the time f. not consistent enough in their difficulty level g. other _____

8. I prefer classes that focus mainly on:

a. alignment details b. breath & body awareness c. moving through lots of poses d. longer holding of poses e. repeating the same poses more than once f. relaxation during practice g. personal assistance from instructor during practice h. other _____

9. I would come to yoga classes more often if:

a. my schedule allowed it b. the classes were more in line with my needs c. the rooms where yoga is held were more inviting d. the cost were less e. other _____

10. I would be interested in attending a one-time Saturday morning workshop that focused on:

a. yoga posture clinic (detailed instruction on a few poses) b. breathing clinic (rediscovering your essential breath and yogic breathing techniques) c. meditation d. yoga for specific conditions (back, knees, menopause, etc) e. stress reduction f. other _____

11. I would be interested in attending a weekend retreat (Sat am to Sun afternoon) that focused on yoga, meditation and breathing. a. yes b. no c. depends on cost d. maybe

12. I would be interested in learning (yoga related): _____

13. Suggestions: _____

14. Comments: _____

If you would be willing to allow us to use your comments in our advertising please sign below. Signatures are not needed otherwise.
