YOGA SURVEY - December 2019

Please help me to understand your yoga experience by completing this short survey. This will help me to meet the needs of people attending my classes and to communicate out into the world the benefits of yoga so that others may also benefit from yoga.

A… Why did you decide to go your first yoga class?

Name 1 – 3 top reasons.

1.

2.

3.

B… Was your first experience of yoga what you expected?

Y / N

C. If No, what was it that surprised you?

D. What changes have you noticed since you started yoga?

E. What advice would you give to someone thinking of starting yoga?

I would like to write a Journal posts collating these answers. All references will be anonymous. Do I have your permission to use this information for this purpose?