

Fill out this survey by May 31 and receive a **free gift** and be entered into our Grand Prize drawing of a Jade Harmony Mat (\$56,) a Yoga bag (\$25) and a free class (\$15).

Please print this out and bring to studio or cut and paste into an email.

Our intention at Eyes of the World is to provide the highest quality yoga experience. We hope to communicate yoga in such a way that it becomes a powerful force in your life. Your honest feedback will help us serve you and the community better. Please feel free to add extra pages and answer only questions that feel right to you.

Please tell us about you:

1) **Age**

- a) under 20
- b) 21- 30
- c) 31-40
- d) 41-50
- e) 51- 60
- f) 61-70
- g) 71-80
- h) 81+

2) **Gender** M / F

3) **What I want** from yoga is:

(List in **order of priority** 1, 2, 3...)

- Stress relief
- Exercise: Strength and flexibility
- Pain Relief
- Mental Clarity
- Spiritual awareness
- Sense of Community
- Other

4) **How often** do you come to class at Eyes of the World?

- a) more than twice a week
- b) twice a week
- c) once a week
- d) three times a month, average
- e) twice a month, average
- f) once a month or less

5) What do you **appreciate most** about your yoga classes at Eyes of the World Yoga? (**Circle only one.**)

- a) Stress relief
- b) Exercise
- c) Spiritual awareness
- d) Mental Clarity
- e) Personal relationship with the teacher(s)

f) other: _____

6) If you miss class, what is the single most important reason? (**Circle only one.**)

- a) I have no time
- b) Classes are too expensive
- c) Class times are inconvenient
- d) I take classes with another yoga teacher
- e) I live too far away
- f) I am on vacation or work takes me away,
- g) I have been sick a lot lately
- h) other: _____

7) What is most important to you?

(**circle only one**)

- a) class time
- b) cost
- c) who is teaching the class
- d) length of class
- e) type of class (example: Fundamentals, Mellow, Gentle, Open vinyasa, Vinyasa Long)

6. What length of time do you think is optimum for a yoga class, for you? (**circle only one**)

- a) one hour
- b) one hour and fifteen minutes
- c) one and a half hours
- d) one and three quarters hours
- e) two hours

10. Please list any specific classes and times that you would like added to the Eyes schedule.

11. Has yoga at Eyes made a difference in your life? If yes, how? (If you want to do us a great favor, write your response on letterhead stationary.)

12. Who is your regular teacher at Eyes? Do you have feedback you'd like to offer them?

13. If you were to recommend yoga to a friend, what would you say about classes at Eyes of the World?

14. Have you ever had a bad experience at Eyes that you would like to tell Tom about. (all information is confidential and your name will never be used.)

15. What improvements could we make?

16. May we use your comments in our literature?
Yes / no

If yes, include name. If you want the fabulous free gift and to enter into the drawing for a yoga mat bag (\$25) and Jade Harmony Yoga mat (\$56), you have to include your name so we know who you are.

Name
Occupation

Telephone: (if you would like a call back)
Best times I can be reached:

The results from this survey will be posted on the web. Please print and bring this to the studio or send in an email.