



YOGA for  
New York City Public Schools &  
Youth Centers

## BENT ON LEARNING YOGA PROGRAM EVALUATION FORM

Thank you for participating in the Bent On Learning yoga program! By completing the evaluation form, you will help us to identify what we do well and how we need to improve. All evaluations are strictly confidential and your name will *only* be used by Bent On Learning if you write it below.

<b>School(s) where you taught:</b>	
<b>Grade(s) you taught:</b>	
<b>How many months you taught:</b>	
<b>Length of each teaching session:</b>	
<b>Your Name (optional):</b>	

1. Did you receive clear directives and understand Bent On Learning's curriculum? YES  NO .  
Bent On Learning's Mission? YES  NO .

2. Do you feel the students have understood the benefits of physical fitness and how it relates to mental and emotional well-being? Briefly explain:

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3. Do you think the students enjoyed learning about their own health and how to measure their cardio-respiratory levels? Briefly explain:

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4. Do you think the students were able to harness and experience the power of their breath?

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5. What teaching methods clearly communicated the principles of Vinyasa to students?

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6. Did the students enjoy writing/drawing their reflections in their yoga journals, or was it one more burden for them?

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7. What are your thoughts on getting students to sustain a yoga practice?

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8. Did students like the idea of self-practice, of forming independent groups to practice on their own, or with just one other friend?

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9. Did students appreciate the idea of a Family and Friends Night and performing an asana sequence?

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10. Did you feel supported from the Directors of Bent On Learning and by the supervising school personnel? If not, what would you like to see changed?

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11. Would you be interested in a formal workshop/training for teaching yoga to children and/or young adults? Would you be willing to pay for it? How much (ballpark)?!

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12. What changes would you have made to make this experience better for you and/or your students?

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13. Describe an anecdote you found enlightening, frustrating, exemplary of a yoga practitioner, etc...?

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14. Additional Comments:

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**If you have additional comments or questions, please feel free to include them on the back.**

**Please return this form to:**

Jennifer Ford  
BENT ON LEARNING  
366 Broadway, Suite 9A  
New York, NY 10013

***Thank You!***