

Yoga Presentation Evaluation

1. Was this presentation effective in learning about Yoga and its principles? Yes No
2. This program provided specific yoga techniques to relieve: (check all that apply)
 Tension headaches Muscle cramps Lower back pain Tired eyes
3. Are you considering practicing these techniques on your own? Yes No
4. What are the three basic principles of Yoga? (please check ONLY three)
 Letting go of judgments Letting go of fears Letting go of competition
 Learning about yourself Letting go of expectations
5. Would you recommend this presentation to other students or organizations? Yes No
6. Suggestions/Comments for improvement?

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