

**My Feedback on the 'Focusing on Breathing' Seminar**

At East Greenbush Library On 1/30/12

1. The seminar was Excellent Very Good Good Not useful

2. I will use this technique to relieve my (concern) stress / stiff muscles

3. Comments about the seminar (if any) It would be nice to have regular follow-up or this at the library

Optional: To receive ANNUAL UPDATES on this technique, please PRINT your E-Mail ID: .....

Dr#

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1. The seminar was Excellent Very Good Good Not useful

2. I will use this technique to relieve my (concern) Stress

3. Comments about the seminar (if any) I will use it in my therapy practice

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**My Feedback on the 'Focusing on Breathing' Seminar**

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1. The seminar was Excellent Very Good Good Not useful

2. I will use this technique to relieve my (concern) stress

3. Comments about the seminar (if any) I hope there will be additional seminars

**My Feedback on the 'Focusing on Breathing' Seminar**

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1. The seminar was Excellent Very Good Good Not useful

2. I will use this technique to relieve my (concern) Anxiety

3. Comments about the seminar (if any) Enjoyed it immensely, hope to come to more of this kind of class Thank You!

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Ph#

**My Feedback on the 'Focusing on Breathing' Seminar**

At East Greenbush Library.....On 1/30/12.....

1. The seminar was Excellent Very Good Good Not useful

2. I will use this technique to relieve my (concern) stress and anxiety

3. Comments about the seminar (if any) CS was an amazing and informative instructor!! I found my breath!  
~ Thank you so very much! ~

**My Feedback on the 'Focusing on Breathing' Seminar**

At East Greenbush Library.....On 1/30/12.....

1. The seminar was Excellent Very Good Good Not useful

2. I will use this technique to relieve my (concern) stress, insomnia

3. Comments about the seminar (if any) Thank you, very use technique

**My Feedback on the 'Focusing on Breathing' Seminar**

At East Greenbush Library.....On 1/30/12.....

1. The seminar was Excellent Very Good Good Not useful

2. I will use this technique to relieve my (concern) Sleep - anxiety, mind wandering

3. Comments about the seminar (if any) Very good presentation

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**My Feedback on the 'Focusing on Breathing' Seminar**

At East Greenbush Library.....On 1/30/12.....

1. The seminar was Excellent Very Good Good Not useful

2. I will use this technique to relieve my (concern) fear and stress

3. Comments about the seminar (if any) a wonderful experience  
I'll use it personally and professionally

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Name: .....

Ph# .....

**My Feedback on the 'Focusing on Breathing' Seminar**

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1. The seminar was Excellent Very Good Good Not useful

2. I will use this technique to relieve my (concern) stress Also would like to try during child birth  
and relaxation

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1. The seminar was Excellent Very Good Good Not useful

2. I will use this technique to relieve my (concern) tension

3. Comments about the seminar (if any) I hope I can continue to do this very relaxing

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1. The seminar was Excellent Very Good Good Not useful

2. I will use this technique to relieve my (concern) stress and anxiety throughout the day

3. Comments about the seminar (if any) CS was very engaging and thorough. I like how he framed the technique by the different narratives - very interesting! I really enjoyed this seminar  
Thank you! ☺

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Ph# .....

**My Feedback on the 'Focusing on Breathing' Seminar**

At East Greenbush Library On 1/30/12

1. The seminar was Excellent Very Good Good Not useful

2. I will use this technique to relieve my (concern) stress and lack of focus

3. Comments about the seminar (if any) presenter was very helpful

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