

## Introductory Class on Focusing on Breathing - Survey

Albany Sai Center 12/12/15 - Children and Parents

Child: Grade .....

Optional for Parent: If you wish to receive ANNUAL UPDATE on this technique, please print

Name: ..... E-mail ID: .....

• When I practiced the breathing, I felt .....

• I liked the breathing practices

A lot

They are OK

Didn't like them

• I like the circled modes

'Folding mode'

'Counting mode'

'Tip mode'

'911 mode'

'Staring mode'

• I will practice them when

○ I feel....

● I need to ...

• Comments (if any):

very beneficial. thanks for sharing the techniques.

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• When I practiced the breathing, I felt ..... calm & Relax.

• I liked the breathing practices

A lot

They are OK

Didn't like them

• I like the circled modes

'Folding mode' ✓

'Counting mode'

'Tip mode'

'911 mode' ✓

'Staring mode'

• I will practice them when

○ I feel.... I want to practice every day

○ I need to ... Relax & concentrating

• Comments (if any): I like the breathing class because we need so many things to do with focus.

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- When I practiced the breathing, I felt *Relaxed*
- I liked the breathing practices  A lot  They are OK  Didn't like them
- I like the circled modes  'Folding mode'  'Counting mode'  
 'Tip mode'  '911 mode'  
 'Staring mode'
- I will practice them when
  - I feel.... *Stressed and on every day base.*
  - I need to ...
- Comments (if any): *excellent*

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Name: ..... E-mail ID: .....

- When I practiced the breathing, I felt *calm, very peaceful*
- I liked the breathing practices  A lot  They are OK  Didn't like them
- I like the circled modes  'Folding mode'  'Counting mode'  
 'Tip mode'  '911 mode'  
 'Staring mode'
- I will practice them when
  - I feel....
  - I need to ... *focus, and concentrate on something*
- Comments (if any): *It was very good Exercise for Beginners, especially breathing.*

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• When I practiced the breathing, I felt .....

• I liked the breathing practices

A lot

They are OK

Didn't like them

• I like the circled modes

'Folding mode'

'Counting mode'

'Tip mode'

'911 mode'

'Staring mode'

• I will practice them when

○ I feel.... *distracted*

○ I need to ...

• Comments (if any): *A great session.*

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• When I practiced the breathing, I felt .... *relaxed and felt peaceful.*

• I liked the breathing practices

A lot

They are OK

Didn't like them

• I like the circled modes

'Folding mode'

'Counting mode'

'Tip mode'

'911 mode'

'Staring mode'

• I will practice them when

○ I feel.... *Stressed.*

○ I need to ... *practice every day.*

• Comments (if any): *I have taken your class earlier, it was very useful. I will continue practice.*

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- 
- When I practiced the breathing, I felt *Calm & Relaxed*
  - I liked the breathing practices 

<i>A lot</i>	They are OK	Didn't like them
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  - I like the circled modes 

<i>'Folding mode'</i>	"Counting mode"
<i>'Tip mode'</i>	'911 mode'
<i>'Staring mode'</i>	
  - I will practice them when
    - I feel....
    - I need to ... *every day*
  - Comments (if any): *Very Good. ~~Good~~  
Thank you*
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