My Feedback on the 'Focusing on Breathing' Seminar

At …….. ……...On …….

- ➢ I knew about this seminar from ……..……..
- ➢ The seminar is Very useful Useful Somewhat useful Not useful
- ➢ I will use this technique for my (concern) ……..…….
- ➢ Comments on the seminar.……..……..……..…….....

  ..……..……..…….....

- ➢ I recommend this seminar for (name the group)……
- ➢ Optional: To receive ANNUAL UPDATES on this technique

  e-mail ID (PRINT): .....Name (PRINT)…..: ……..…… …….

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