

My Feedback on the 'Focusing on Breathing' Seminar

At Bethlehem Central Middle School on 5/15/13

- I knew about this seminar from Bcs Healthy Kids Committee Facebook post
- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my headaches, anxiety, stress + sh
- Comments about the seminar w/my family

helpful - Thank you
I've used other counting breath methods but
this simplifies the process so the focus is not
so much on counting that you forget to breathe +
Just enough focus on counting +
breathing to keep your mind from wandering

Optional: I would like to receive ANNUAL UPDATES on this technique

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

My Feedback on the 'Focusing on Breathing' Seminar

At Bethlehem Central Middle School on 5/15/13

- I knew about this seminar from husband / Bethlehem Healthy Kids
- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my sleep + stress
- Comments about the seminar Wonderful Thank you CS!

Very excited to start working on this
and looking at your website!

My Feedback on the 'Focusing on Breathing' Seminar

At Bethlehem Central Middle School on 5/15/13

- I knew about this seminar from Times Union - Bethlehem blog
- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my anxiety, panic
- Comments about the seminar - Thank you! I want to

My Feedback on the 'Focusing on Breathing' Seminar

At Bethlehem Central Middle School on 5/15/13

- I knew about this seminar from posters at school
- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my stress at work, insomnia
- Comments about the seminar... Very practical and user friendly. I look forward to practicing it. Thank you

My Feedback on the 'Focusing on Breathing' Seminar

At Bethlehem Central Middle School on 5/15/13

- I knew about this seminar from Healthy Kids Committee
- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my Stress reduction
- Comments about the seminar... Great Presentation - Thank you!

My Feedback on the 'Focusing on Breathing' Seminar

At Bethlehem Central Middle School on 5/15/13

- I knew about this seminar from myself!
- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my sleep & relaxation
- Comments about the seminar... I had been feeling tense all day, but now I'm feeling more relaxed

Optional:

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My Feedback on the 'Focusing on Breathing' Seminar

At Bethlehem Central Middle School on 5/15/13

- I knew about this seminar from *Anna McMahon*
- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my *Sleep stress*
- Comments about the seminar..... *very practical*
great tips + modifications

My Feedback on the 'Focusing on Breathing' Seminar

At Bethlehem Central Middle School on 5/15/13

- I knew about this seminar from *Anna McMahon*
- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my *stress, anger, relaxation*
- Comments about the seminar..... *very helpful*
I feel very relaxed after
practicing the technique

My Feedback on the 'Focusing on Breathing' Seminar

At Bethlehem Central Middle School on 5/15/13

- I knew about this seminar from *Healthy Kids Committee (email)*
- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my *self and wife*
- Comments about the seminar..... *I am really looking forward to*
trying this and helping with stress and sleep.

Optional:

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