

Survey on 'Focusing on breathing' Seminar

Date: 5/11/16

- > I will use this technique for my (concern) *stress*
- > My 'Take home' ideas  
*Breathing in any situations - driving, waiting on lines, - always concentrate on breathing*
- > Seminar evaluation  
Not satisfied      Satisfied      Very satisfied
- > Comments: *Thank you for the lesson*
- > I suggest this seminar to (specify groups with contact details if possible)
- > If you check off any of these options, please provide contact details. Your choice will be honored.  
Receive a Summary of feedback from this group (without showing the identities)  
Receive Annual updates on 'Focusing on breathing'  
Interested if 'Follow up classes' on today's techniques

Survey on 'Focusing on breathing' Seminar

*Coastalton Library*  
Date: 5/11/16

- > I will use this technique for my (concern) *thought change*
- > My 'Take home' ideas  
*plant seed - clear mind*
- > Seminar evaluation  
*very good*      Not satisfied      Satisfied      Very satisfied
- > Comments: *may follow up with class*
- > I suggest this seminar to (specify groups with contact details if possible)
- > If you check off any of these options, please provide contact details. Your choice will be honored.  
Receive a Summary of feedback from this group (without showing the identities)  
Receive Annual updates on 'Focusing on breathing'  
Interested if 'Follow up classes' on today's techniques  
Interested in joining a Support group for Meditation

Name (Print):

e-mail ID (Print):

Ph#: