

My Feedback on the 'Focusing on Breathing' Seminar

At The Castleton Public Library On 5/2/13

• I came to know about this seminar from my library (Amy)

• The seminar is Very useful Useful Somewhat useful Not useful

• I will use this technique for my (concern) difficulty some nights in falling asleep

• Comments about the seminar very helpful to actually

practice the techniques while being observed to make sure we were doing them correctly. I am going

Optional: to tell my daughter and my mother, who both have sleeping difficulties, about the counting technique.

To receive ANNUAL UPDATES on this technique

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• I came to know about this seminar from Amy

• The seminar is Very useful Useful Somewhat useful Not useful

• I will use this technique for my (concern) - exercise, sleeping - driving

• Comments about the seminar Very enjoyable - learned a lot.

Optional:

To receive ANNUAL UPDATES on this technique

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

Name (PRINT) MARY ANN BEBERWITZ

My Feedback on the 'Focusing on Breathing' Seminar

At The Castleton Public Library On 5/2/13

- I came to know about this seminar from C.S.
- The seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) Stress management, anxiety
- Comments about the seminar Very clear explanation on the technique and ~~was~~ promised help to help for help individuals implement the techniques

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- I came to know about this seminar from Library Amy
- The seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) relaxation Anxiety Stress
- Comments about the seminar just using breathing techniques can be so beneficial