

Date: 10/10/16 Survey on practice of 'Gentle Yoga and Meditation on Breathing'

Meditation on Breathing

> When did I practice?

Falling asleep	Daily	Frequently	<u>A few times</u>	Never
Sleep was disturbed	Daily	Frequently	A few times	Never
Waking up in am	Daily	Frequently	A few times	Never
During the day (specify the situations) <i>Driving or at work</i>				

> How did it help me? *helped me relax*

> Comments (if any): *I need to practice more since coming off my anxiety medication*

Gentle Yoga

> I practiced	Daily	Frequently	<u>A few times</u>	Never
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Future classes I want to continue

<u>Yes</u>	May be	No
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l.l.21@yahoo.com

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> Comments (if any):

Gentle Yoga

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