

## My Feedback on the 'Focusing on Breathing' Seminar

At The East Greenbush Community Library On 1/30/13

- I came to know about this seminar from Library newsletter
- The seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) asthma
- Comments about the seminar Very nicely done Thank you.

## My Feedback on the 'Focusing on Breathing' Seminar

At The East Greenbush Community Library On 1/30/13

- I came to know about this seminar from E.G. library web site
- The seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) sleep aid
- Comments about the seminar wonderful presentation - charming impossible not to like

## My Feedback on the 'Focusing on Breathing' Seminar

At The East Greenbush Community Library On 1/30/13

- I came to know about this seminar from East Greenbush Lib. website
- The seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) anxiety
- Comments about the seminar fantastic teacher - thank you for sharing your talents !!

## My Feedback on the 'Focusing on Breathing' Seminar

At The East Greenbush Community Library On 1/30/13

- I came to know about this seminar from I've Been Before
- The seminar is  Very useful    Useful    Somewhat useful    Not useful
- I will use this technique for my (concern) Overall health
- Comments about the seminar.....  
GOOD      A+

## My Feedback on the 'Focusing on Breathing' Seminar

At The East Greenbush Community Library On 1/30/13

- I came to know about this seminar from Kent Pugliese
- The seminar is  Very useful    Useful    Somewhat useful    Not useful
- I will use this technique for my (concern) Stress, sleep + breathing
- Comments about the seminar...Thank you. I am going to use these...  
daily

## My Feedback on the 'Focusing on Breathing' Seminar

At The East Greenbush Community Library On 1/30/13

- I came to know about this seminar from E. J. Murray
- The seminar is  Very useful    Useful    Somewhat useful    Not useful
- I will use this technique for my (concern) better breathing  
from all these

- I came to know about this seminar from Kent
- The seminar is  Very useful     Useful     Somewhat useful     Not useful
- I will use this technique for my (concern) Everyday Life reduce stress
- Comments about the seminar very relaxing

### My Feedback on the 'Focusing on Breathing' Seminar

At The East Greenbush Community Library On 1/30/13

- I came to know about this seminar from the EGL website
- The seminar is     Very useful     Useful     Somewhat useful     Not useful
- I will use this technique for my (concern) meditation & possibly smoking
- Comments about the seminar very thought provoking

### My Feedback on the 'Focusing on Breathing' Seminar

At The East Greenbush Community Library On 1/30/13

- I came to know about this seminar from E. Greenbush Library website
- The seminar is  Very useful     Useful     Somewhat useful     Not useful
- I will use this technique for my (concern) help w/ sleeping, anxiety & meditation
- Comments about the seminar The teacher was wonderful.

## My Feedback on the 'Focusing on Breathing' Seminar

At The East Greenbush Community Library On 1/30/13

- I came to know about this seminar from ... *Computer* .....
- The seminar is  *Very useful*     Useful     Somewhat useful     Not useful
- I will use this technique for my (concern) ... *sleep and wake* .....
- Comments about the seminar ... *I believe this will help me*  
*Thank - you* .....

Optional:

To receive ANNUAL UPDATES on this technique please PRINT e-mail ID: .....

Name (PRINT).....: ..... Contact # .....

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