

Feedback on the 'Focusing on Breathing' Seminar

East Greenbush Library 10/8/14

- > My expectation from the seminar is fulfilled to level (A+) A B+ B C
- > I will use this technique for my (concern).... De-stressing / Relaxation / Sleep
- > My 'Take home' from this seminar ... With practice, various methods discussed can be used anytime anywhere to de-stress / relax / focus.
- (Use the back page for additional comments if any)
- A very interesting and useful seminar.
Thank You!
- > I recommend this seminar to (name the group).... Family + Friends
-

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- > My expectation from the seminar is fulfilled to level A+ (A) B+ B C
- > I will use this technique for my (concern).... sleep + anxiety
- > My 'Take home' from this seminar ... focusing on breathing
-
- (Use the back page for additional comments if any)
- > I recommend this seminar to (name the group).....
-

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- My expectation from the seminar is fulfilled to level A+ **A** B+ B C
- I will use this technique for my (concern)..... *shortness of breath*.....
- My 'Take home' from this seminar *very usefull*.....

(Use the back page for additional comments if any)

- I recommend this seminar to (name the group).....

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- My expectation from the seminar is fulfilled to level **A+** A B+ B C
- I will use this technique for my (concern)..... *stress*.....
- My 'Take home' from this seminar *breath and focus on the breath*.....

(Use the back page for additional comments if any) *very good seminar.*

- I recommend this seminar to (name the group)..... *granddaughter*.....

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- > My expectation from the seminar is fulfilled to level A+ **A** B+ B C
- > I will use this technique for my (concern).... Stress at work
- > My 'Take home' from this seminar ... putting the technique into practice so it becomes a habit

(Use the back page for additional comments if any)

- > I recommend this seminar to (name the group).....

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- > I will use this technique for my (concern).....
- > My 'Take home' from this seminar

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- > I recommend this seminar to (name the group).....

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- > My expectation from the seminar is fulfilled to level A+ **A** B+ B C
- > I will use this technique for my (concern)..... *Stress Relief & sleep problems*
- > My 'Take home' from this seminar .. *with practise, I will hopefully*
sleep better

(Use the back page for additional comments if any)

- > I recommend this seminar to (name the group).....
-

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- > My expectation from the seminar is fulfilled to level **A+** A B+ B C
- > I will use this technique for my (concern)..... *sleep issues & anxiety*
- > My 'Take home' from this seminar *the more you use the*
breathing ~~technique~~ the more relaxed + stress
Free you will feel.

(Use the back page for additional comments if any)

- > I recommend this seminar to (name the group).....
-

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> My expectation from the seminar is fulfilled to level A+ **A** B+ B C

> I will use this technique for my (concern).... *Stress reduction, focus and spirituality*

> My 'Take home' from this seminar *Keep your eyes open for the gold coins!*

(Use the back page for additional comments if any)

> I recommend this seminar to (name the group).... *ISIS*

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> My expectation from the seminar is fulfilled to level A+ **A+** A B+ B C

> I will use this technique for my (concern).... *Sleep problems*

> My 'Take home' from this seminar *is a new way to get back to sleep*

(Use the back page for additional comments if any)

> I recommend this seminar to (name the group).....

> Optional: To receive ANNUAL UPDATES on this technique

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

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- > My expectation from the seminar is fulfilled to level (A+) A B+ B C
- > I will use this technique for my (concern).... Health & Sleep Issues
- > My 'Take home' from this seminar focusing on breathing

(Use the back page for additional comments if any)

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- > My expectation from the seminar is fulfilled to level A+ A B+ B C
- > I will use this technique for my (concern).... falling asleep at night
- > My 'Take home' from this seminar
all of this - anxious to read further

(Use the back page for additional comments if any)

- > I recommend this seminar to (name the group)..... Thank You!
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> My expectation from the seminar is fulfilled to level A+ A B+ B C

> I will use this technique for my (concern)..... stress.....

> My 'Take home' from this seminar ... Since I already use the starting mode with the feeling mode for going to the dentist, dr. etc. (lamaz) I will try the Tip mode.

(Use the back page for additional comments if any)

> I recommend this seminar to (name the group).....

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> My expectation from the seminar is fulfilled to level ~~A~~ A+ A B+ B C

> I will use this technique for my (concern)..... A+.....

> My 'Take home' from this seminar ... A+.....

(Use the back page for additional comments if any)

> I recommend this seminar to (name the group).....

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> My expectation from the seminar is fulfilled to level A+ A B+ B C

> I will use this technique for my (concern)..... *Restless Sleep*

> My 'Take home' from this seminar *I will try to use before sleep when I wake in night + or I wake up*

(Use the back page for additional comments if any)

> I recommend this seminar to (name the group)..... *Seniors - Sleep Issues*

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> My expectation from the seminar is fulfilled to level A+ A B+ B C

> I will use this technique for my (concern)..... *Sleeping (getting back to Sleep*

> My 'Take home' from this seminar *I will definitely try this*

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> I recommend this seminar to (name the group).....

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- My expectation from the seminar is fulfilled to level A+ **(A)** B+ B C
- I will use this technique for my (concern)..... *Pain / anxiety*
- My 'Take home' from this seminar *good reference*

(Use the back page for additional comments if any)

- I recommend this seminar to (name the group)..... *everybody.*

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- My expectation from the seminar is fulfilled to level **(A+)** A B+ B C
- I will use this technique for my (concern)..... *to reduce stress*
- My 'Take home' from this seminar *it's an easy technique. doesn't require any tool. I can do this any time any where*

(Use the back page for additional comments if any)

- I recommend this seminar to (name the group)..... *husband*

- Optional: To receive ANNUAL UPDATES on this technique

e-mail ID (PRINT): Name (PRINT)..... ~~Always~~