

Survey on the 'Focusing on breathing' Seminar

East Greenbush Library 4/8/15

> I will practice this technique for my (concern)..... *peaceful mind*

> My 'Take home' points

breath → now

> Evaluation of the seminar

Very satisfied

Satisfied

Not satisfied

Comments: *Simple but effective*

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

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> I will practice this technique for my (concern)..... *Sleeping + in waiting rooms*

> My 'Take home' points

Using all the different "finger counts" with breathing

> Evaluation of the seminar

Very satisfied

Satisfied

Not satisfied

Comments:

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

Survey on the 'Focusing on breathing' Seminar

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➤ I will practice this technique for my (concern)..... *sleep*.....

➤ My 'Take home' points

..... *This technique can be with me always.*

➤ Evaluation of the seminar

Very satisfied

Satisfied

Not satisfied

Comments:

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

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➤ I will practice this technique for my (concern)..... *Stress, Sleep*.....

➤ My 'Take home' points

..... *Take time to focus on breathing - Daily*

➤ Evaluation of the seminar

Very satisfied

Satisfied

Not satisfied

Comments:

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

➤ Optional: E-mail is needed if either of these options is picked.

○ I wish to join a support group for meditation practitioners Yes

○ I wish to receive ANNUAL UPDATES on 'Focusing on breathing' Yes

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

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> I will practice this technique for my (concern) Sleeping Issues

> My 'Take home' points

Can be done any time, any where, for anything

> Evaluation of the seminar

Very satisfied

Satisfied

Not satisfied

Comments:

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

Survey on the 'Focusing on breathing' Seminar

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> I will practice this technique for my (concern) stress, anxiety

> My 'Take home' points

I will try to practice on a daily basis to calm my nerves

> Evaluation of the seminar

Very satisfied

Satisfied

Not satisfied

Comments:

This technique is very useful during stressful situations and at the end of a ~~st~~ busy day.

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

> Optional: E-mail is needed if either of these options is picked.

I wish to join a support group for meditation practitioners Yes

I wish to receive ANNUAL UPDATES on 'Focusing on breathing' Yes

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

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- I will practice this technique for my (concern) stress reduction + helps sleeping
- My 'Take home' points
focus on present, not past or future
make time to relax / de-stress daily
- Evaluation of the seminar Very satisfied Satisfied Not satisfied
- Comments:
Excellent!
- I recommend this seminar to (name the group)

Survey on the 'Focusing on breathing' Seminar

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- I will practice this technique for my (concern) stress/anxiety/anger
- My 'Take home' points
When I am upset/angry focus on my breathing
one one one, two two two helps prevent my thoughts from being
overwhelming
- Evaluation of the seminar Very satisfied Satisfied Not satisfied
- Comments:
-I hope this helps with my relationship with my mother
and the relationship between my parents
- I recommend this seminar to (name the group) teenage high schoolers
- Optional: E-mail is needed if either of these options is picked.
- I wish to join a support group for meditation practitioners Yes
 - I wish to receive ANNUAL UPDATES on 'Focusing on breathing' Yes
 - e-mail ID (PRINT): Name (PRINT)

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> I will practice this technique for my (concern)..... Stress

> My 'Take home' points

..... The base - do this @ night & in the morning

> Evaluation of the seminar

Very satisfied

Satisfied

Not satisfied

Comments:

> I recommend this seminar to (name the group)..... high school seniors preparing for college

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> I will practice this technique for my (concern)..... Health + well-being

> My 'Take home' points

..... The past is dead! live in the present

> Evaluation of the seminar

Very satisfied

Satisfied

Not satisfied

Comments:

Excellent, clear, practical

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

> Optional: E-mail is needed if either of these options is picked.

I wish to join a support group for meditation practitioners Yes

I wish to receive ANNUAL UPDATES on 'Focusing on breathing' Yes

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

Survey on the 'Focusing on breathing' Seminar

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> I will practice this technique for my (concern) focus & memory issues

> My 'Take home' points

Focus only on the breathing & don't worry about the count/finger placement.

> Evaluation of the seminar Very satisfied Satisfied Not satisfied

Comments:

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

Survey on the 'Focusing on breathing' Seminar

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> I will practice this technique for my (concern) anxiety

> My 'Take home' points

counting exhaler, counting fingers, focusing

> Evaluation of the seminar Very satisfied Satisfied Not satisfied

Comments:

> I recommend this seminar to (name the group)..... Teacher's association

> Optional: E-mail is needed if either of these options is picked.

- I wish to join a support group for meditation practitioners Yes
- I wish to receive ANNUAL UPDATES on 'Focusing on breathing' Yes
- e-mail ID (PRINT): Name (PRINT):

Survey on the 'Focusing on breathing' Seminar

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> I will practice this technique for my (concern) ANXIETY and sleep problems

> My 'Take home' points

need to make it a habit

Made me sleepy

> Evaluation of the seminar

Very satisfied

Satisfied

Not satisfied

Comments:

Great handouts
Effective presentation
Practice very helpful

> I recommend this seminar to (name the group)

Survey on the 'Focusing on breathing' Seminar

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> I will practice this technique for my (concern) yes

> My 'Take home' points

To focus on breathing

> Evaluation of the seminar

Very satisfied

Satisfied

Not satisfied

Comments:

Thank you

> I recommend this seminar to (name the group)

yes to tell others