

## Feedback on the 'Focusing on Breathing' Seminar

At the Hope Club on 4/23/14

- > I knew about this seminar from Hope Club
- > My expectation from the seminar is fulfilled to grade (A+) A B+ B C
- > I will use this technique for my (concern) stress over ovarian cancer
- > My 'Take home' from the seminar  
very relaxed - shallow breathing  
improved.
- > I recommend this seminar to (name the group) my friend with migraine
- > Optional: To receive ANNUAL UPDATES on this technique