

Survey on 'Gentle Yoga and Meditation on Breathing'

Date: 10/10/12

- > I came to know about this seminar from
- > I will use this technique for my (concern)
- > My 'Take homes' points

Venture Inward
 overall health - diabetes
 breast cancer

NO Rules - breathe

> Seminar evaluation Not satisfied Satisfied Very satisfied

> Comments: would love a more guided meditation

> I suggest this seminar to (groups)

> Please provide your contact details if you pick any of these options.

Receive **annual updates** on 'Meditation on breathing'

Yes

Enrol for 'follow up classes' on today's techniques

Yes

Join a support group for 'Meditation'

Yes

> Venture Inward also needs your email ID to send you news about such programs.

Survey on 'Gentle Yoga and Meditation on Breathing'

Date:

- > I came to know about this seminar from
- > I will use this technique for my (concern)
- > My 'Take homes' points

~~My friend~~ A friend

> Seminar evaluation Not satisfied Satisfied Very satisfied

> Comments:

> I suggest this seminar to (groups)

> Please provide your contact details if you pick any of these options.

Receive **annual updates** on 'Meditation on breathing'

Yes

Enrol for 'follow up classes' on today's techniques

Yes

Join a support group for 'Meditation'

Yes

> Venture Inward also needs your email ID to send you news about such programs.

Ph#