

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

At The Rensselaer Public Library On 2/27/13

- I came to know about this seminar from the local penny saver
- The seminar is  Very useful    Useful    Somewhat useful    Not useful
- I will use this technique for my (concern) blood pressure and to aid me w/ quitting smoking.
- Comments about the seminar Seminar was wonderful and helpful & relaxing

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

At The Rensselaer Public Library On 2/27/13

- I came to know about this seminar from Mr. Rao
- The seminar is  Very useful    Useful    Somewhat useful    Not useful
- I will use this technique for my (concern) Stress
- Comments about the seminar Made me very relax and learned new techniques
- I came to know about this seminar from Marely @ Rensselaer Library
- The seminar is  Very useful    Useful    Somewhat useful    Not useful
- I will use this technique for my (concern) Well-Being
- Comments about the seminar Very Well Done

### Optional:

To receive ANNUAL UPDATES on this technique please PRINT

e-mail ID: erzhk21@msn.com Name (PRINT): .....

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

At The Rensselaer Public Library On 2/27/13

- I came to know about this seminar from *My wife*.....
- The seminar is  Very useful    Useful    Somewhat useful    Not useful
- I will use this technique for my (concern) *Yes*.....
- Comments about the seminar..... *Very Helpful*  
*Will try this*.....

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

At The Rensselaer Public Library On 2/27/13

- I came to know about this seminar from *Somebody mentioned to me*.....
- The seminar is  Very useful    Useful    Somewhat useful    Not useful
- I will use this technique for my (concern) *Stress in shoulders and loss of sleep*
- Comments about the seminar.....

### Optional:

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e-mail ID: *ann2450@yahoo.com* Name (PRINT) *ANN AWATER*.....