

Feedback on the 'Focusing on Breathing' Seminar

At Van Rensselaer Manor on 8/13/14

- > I knew about this seminar from
 - > My expectation from the seminar is fulfilled to level (A+) A B+ B C
 - > I will use this technique for my (concern)..... *Sleeping & fatigued*
 - > My 'Take home' points from this seminar
Take time out for me every day
 - > I recommend this seminar to (name the group).....
 - > Optional: To receive ANNUAL UPDATES on this technique
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- > I knew about this seminar from
 - > My expectation from the seminar is fulfilled to level A+ (A) B+ B C
 - > I will use this technique for my (concern)..... *Stress & migraines*
 - > My 'Take home' points from this seminar
learning how to relieve stress and be able to manage it.
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- > I knew about this seminar from Joseph Kevin
 - > My expectation from the seminar is fulfilled to level (A+) A B+ B C
 - > I will use this technique for my (concern) Insomnia & Stress
 - > My 'Take home' points from this seminar
Am so appreciative on this opportunity, it made me feel so refreshed, calm + ready to go with ease! Thank You!
 - > I recommend this seminar to (name the group) The rest of the REM employees
 - > Optional: To receive ANNUAL UPDATES on this technique
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At Van Rensselaer Manor on 8/13/14

- > I knew about this seminar from CS
 - > My expectation from the seminar is fulfilled to level (A+) A B+ B C
 - > I will use this technique for my (concern) Sleeping
 - > My 'Take home' points from this seminar
count mostly Breaths
 - > I recommend this seminar to (name the group) family & friends
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- > I knew about this seminar from
 - ① My expectation from the seminar is fulfilled to level (A+) A B+ B C
 - > I will use this technique for my (concern)..... *Hypertension, Insomnia*
 - > My 'Take home' points from this seminar
Practice breathing all the time
 - > I recommend this seminar to (name the group).....
 - > Optional: To receive ANNUAL UPDATES on this technique
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Feedback on the 'Focusing on Breathing' Seminar

At Van Rensselaer Manor on 8/13/14

- > I knew about this seminar from *you*.....
 - > My expectation from the seminar is fulfilled to level (A+) A B+ B C
 - > I will use this technique for my (concern)..... *stress, and sleeping*
 - > My 'Take home' points from this seminar
you can relax anywhere anytime
 - > I recommend this seminar to (name the group)..... *other stroke residents*
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