

My Feedback on the 'Focusing on Breathing' Seminar

At 'Venture Inward' On 10/21/13

- I knew about this seminar from *email from Venture Inward*
- The seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) *relaxation sleeping*
- Comments about the seminar *It was very good*

My Feedback on the 'Focusing on Breathing' Seminar

At 'Venture Inward' On 10/21/13

- I knew about this seminar from *email from venture inward*
- The seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) *stress*
- Comments about the seminar *very helpful*

My Feedback on the 'Focusing on Breathing' Seminar

At 'Venture Inward' On 10/21/13

- I knew about this seminar from *MARGE*
- The seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) *Panic attacks*

My Feedback on the 'Focusing on Breathing' Seminar

At 'Venture Inward' On 10/21/13

- I knew about this seminar from Meet up calendar
- The seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) stress management
- Comments about the seminar very good Thank you

My Feedback on the 'Focusing on Breathing' Seminar

At 'Venture Inward' On 10/21/13

- I knew about this seminar from a friend
- The seminar is extremely Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) anxiety, panic attacks, stress
- Comments about the seminar Very calming, easy to follow
SC made it seem so easy yet so worthwhile

My Feedback on the 'Focusing on Breathing' Seminar

At 'Venture Inward' On 10/21/13

- I knew about this seminar from email
- The seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) making life more simple
- Comments about the seminar fun - interesting

Optional

To receive ANNUAL UPDATES on this technique

My Feedback on the 'Focusing on Breathing' Seminar

At 'Venture Inward' On 10/21/13

- I knew about this seminar from Marge Kaufman
- The seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern)
- Comments about the seminar Will use with patients that I work with

My Feedback on the 'Focusing on Breathing' Seminar

At 'Venture Inward' On 10/21/13

- I knew about this seminar from e-mail from Venture Inward
- The seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) anxiety
- Comments about the seminar Very well done, interesting

My Feedback on the 'Focusing on Breathing' Seminar

At 'Venture Inward' On 10/21/13

- I knew about this seminar from Venture Inward newsletter
- The seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique for my (concern) Stress reduction
- Comments about the seminar