

## Survey on 'Gentle Yoga and Meditation on Breathing'

Date: 11/14/2016

- > I came to know about this seminar from *a friend*
- > I will use this technique for my (concern) *Anxiety and to focus*
- > My 'Take homes' points *Breathe & relax*

> 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.*

## Survey on 'Gentle Yoga and Meditation on Breathing'

Date:

11/14/16

- > I came to know about this seminar from *Venture Inward email*
- > I will use this technique for my (concern) *Anxiety*
- > My 'Take homes' points *tongue behind teeth*

> Seminar evaluation Not satisfied Satisfied

Very satisfied

> Comments: *Very helpful*

> 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: 11/14/14

- I came to know about this seminar from *a flyer in the Dr. office*
- I will use this technique for my (concern) *yes*
- My 'Take homes' points *Breathe*
  
- Seminar evaluation  
Not satisfied                      Satisfied                      **Very satisfied**
- Comments: *looking forward to attending another session*
  
- I suggest this seminar to (groups) *yes*
- 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: 11/14/16

- I came to know about this seminar from *Venture Inward email*
- I will use this technique for my (concern) *Anxiety + insomnia*
- My 'Take homes' points *Counting the breaths  
Using fingers*
  
- 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.*

Date:

Survey on practice of 'Gentle Yoga and Meditation on Breathing'

Meditation on Breathing

> When did I practice?

<u>Falling asleep</u>	Daily	Frequently	A few times	Never
Sleep was disturbed	Daily	Frequently	A few times	Never
Waking up in am	Daily	Frequently	A few times	Never
<u>During the day (specify the situations)</u>				

*When I feel I have too much to do*

> How did it help me?

*made me relaxed*

> Comments (if any):

Gentle Yoga

> I practiced

Daily	<u>Frequently</u>	A few times	Never
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Future classes I want to continue

<u>Yes</u>	May be	No
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