

Survey on 'Gentle Yoga and Deep Relaxation' at Venture Inward 3/24/16

> I will use this technique for my (concern) relaxation, when increase stress

> My 'Take homes'

practice, enjoy, let it happen

> Seminar evaluation

Not satisfied

Satisfied

Very satisfied

> I suggest this seminar to (groups)

> Comments: would love to continue more workshop to add to what we have learned and make sure I am doing it

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

Receive **annual updates** on 'Focusing on breathing'

Yes

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

Yes

Join a support group for 'Meditation'

Yes

correctly, to remember techniques.

Survey on 'Gentle Yoga and Deep Relaxation' at Venture Inward 3/24/16

> I will use this technique for my (concern) spiritual health

> My 'Take homes'

Stretches - Great Breathing Techniques -

> Seminar evaluation

Not satisfied

Satisfied

Very satisfied

> I suggest this seminar to (groups) anyone - seniors - healthcare providers

> Comments: beginner of all family or friends - kid can't wait to teach the grandkids & use it for myself

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

Receive **annual updates** on 'Focusing on breathing'

Yes

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

Yes

Join a support group for 'Meditation'

Yes

Survey on 'Gentle Yoga and Deep Relaxation' at Venture Inward 3/24/16

> I will use this technique for my (concern) MENTAL RELAXATION

> My 'Take homes'

THIS HELPED ME UNDERSTAND MEDITATION BETTER  
BREAKTHROUGH

> Seminar evaluation

Not satisfied

Satisfied

Very satisfied

Survey on 'Gentle Yoga and Deep Relaxation' at Venture Inward 3/24/16

- > I will use this technique for my (concern)... *Stress sleep*
- > My 'Take homes'  
*several of the breathing methods*  
*the yoga stretches*
- > Seminar evaluation  
Not satisfied      Satisfied      **Very satisfied**
- > I suggest this seminar to (groups).....
- > Comments: *I thought it was great.*
- > Please provide your contact details if you pick any of these options.
  - Receive **annual updates** on 'Focusing on breathing' **Yes**
  - Enrol for 'follow up classes' on today's techniques **Yes**
  - Join a support group for 'Meditation' **Yes**

Survey on 'Gentle Yoga and Deep Relaxation' at Venture Inward 3/24/16

- > I will use this technique for my (concern)... *Family stress*
- > My 'Take homes'  
*Don't worry about your breath*  
*Some are short some are long*
- > Seminar evaluation  
Not satisfied      Satisfied      **Very satisfied**
- > I suggest this seminar to (groups)..... *definitely*
- > Comments: *Anyone can benefit from this*
- > Please provide your contact details if you pick any of these options.
  - Receive **annual updates** on 'Focusing on breathing' **Yes**
  - Enrol for 'follow up classes' on today's techniques **Yes**
  - Join a support group for 'Meditation' **Yes**

Survey on 'Gentle Yoga and Deep Relaxation' at Venture Inward 3/24/16

- > I will use this technique for my (concern)... *SLEEP RELAXATION*
- > My 'Take homes'
- > Seminar evaluation  
Not satisfied      Satisfied      **Very satisfied**

Survey on 'Gentle Yoga and Deep Relaxation' at Venture Inward 3/24/16

> I will use this technique for my (concern) Sleep & Relaxing

> My 'Take homes' Breathing fingers & stretches on yoga mat.

> Seminar evaluation Not satisfied Satisfied Very satisfied

> I suggest this seminar to (groups) yes

> Comments: Awesome

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

Receive **annual updates** on 'Focusing on breathing' Yes

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

Join a support group for 'Meditation' Yes

Survey on 'Gentle Yoga and Deep Relaxation' at Venture Inward 3/24/16

> I will use this technique for my (concern) Asthma

> My 'Take homes'

> Seminar evaluation Not satisfied Satisfied Very satisfied

> I suggest this seminar to (groups)

> Comments:

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

Receive **annual updates** on 'Focusing on breathing' Yes

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

Join a support group for 'Meditation' Yes

Survey on 'Gentle Yoga and Deep Relaxation' at Venture Inward 3/24/16

> I will use this technique for my (concern) ENERGY (MENTAL), FOCUS, CALMNESS SLEEP

> My 'Take homes' PRACTICE BREATHING

> Seminar evaluation Not satisfied Satisfied Very satisfied

> I suggest this seminar to (groups)

Survey on 'Gentle Yoga and Deep Relaxation' at Venture Inward 3/24/16

> I will use this technique for my (concern) falling asleep

> My 'Take homes'

To calm 'Monkey mind'; I like the idea of a back foot to Meditation - I'm going to try this!

> Seminar evaluation Thank You! Not satisfied Satisfied Very satisfied

> I suggest this seminar to (groups)

> Comments: I live in Cambridge so it's too far to come for a Meditation Group

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

Receive **annual updates** on 'Focusing on breathing' Yes

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

Join a support group for 'Meditation' Yes

Survey on 'Gentle Yoga and Deep Relaxation' at Venture Inward 3/24/16

> I will use this technique for my (concern) Stress & Sleeping

> My 'Take homes'

Relaxing

> Seminar evaluation Not satisfied Satisfied Very satisfied

> I suggest this seminar to (groups) Friends

> Comments:

Survey on 'Gentle Yoga and Deep Relaxation' at Venture Inward 3/24/16

> I will use this technique for my (concern) stress Reduction

> My 'Take homes'

- Easy to do

> Seminar evaluation Not satisfied Satisfied Very satisfied

> I suggest this seminar to (groups)

> Comments: VERY ENJOYABLE, DO-ABLE FOR ALL AGES/BODY TYPES

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

Receive annual updates on 'Focusing on breathing' Yes