

Feedback on the 'Focusing on Breathing' Seminar

At Venture Inward on 6/18/14

Inward

> I knew about this seminar from Marge Venture

> My expectation from the seminar is fulfilled to level (A+) A B+ B C

> I will use this technique for my (concern) help with focus for meditation

> My 'Take home' from the seminar

I can control the situations with breathing techniques

> I recommend this seminar to (name the group) School for for special ed classes

> Optional: To receive ANNUAL UPDATES on this technique, com

Feedback on the 'Focusing on Breathing' Seminar

At Venture Inward on 6/18/14

> I knew about this seminar from my mother it was on her fridge

> My expectation from the seminar is fulfilled to level A+ (A) B+ B C

> I will use this technique for my (concern) anger / frustration

> My 'Take home' from the seminar

How easy it is to share with my clients, family and friends. I will use it during stressful meetings as well.

> I recommend this seminar to (name the group)

> Optional: To receive ANNUAL UPDATES on this technique

e-mail ID (PRINT) Cassie Swearingin @yahoo.com Name (PRINT) Cassie Swearingin

Feedback on the 'Focusing on Breathing' Seminar

At Venture Inward on 6/18/14

- > I knew about this seminar from email from Venture Inward
- > My expectation from the seminar is fulfilled to level A+ A B+ B C
- > I will use this technique for my (concern) worrying, excessive thinking, stressful situations, everyday
- > My 'Take home' from the seminar Just because I became very relaxed. this contradicts the saying that, "if it seems to be too good to be true it usually is." Great class!
- > I recommend this seminar to (name the group) senior citizens (Senior Citizens Homeless Shelters & Colonie Senior Centers)
- > Optional: To receive ANNUAL UPDATES on this technique 1 1

Feedback on the 'Focusing on Breathing' Seminar

At Venture Inward on 6/18/14

- > 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) Focus / Relax / high blood pressure
 - > My 'Take home' from the seminar wonderful portable relaxation technique to help detach from daily stresses - great suggestions as how to incorporate into daily life easily & how to make it a daily practice
 - > Optional: To receive ANNUAL UPDATES on this technique
- e-mail ID (PRINT): M Kaufman Name (PRINT): Marge Kaufman
@nycap.org.com

Feedback on the 'Focusing on Breathing' Seminar

At Venture Inward on 6/18/14

- I knew about this seminar from*e: mail from Vent. Inward*.....
- My expectation from the seminar is fulfilled to level A+ A B+ B C
- I will use this technique for my (concern).....*STRESS, PANIC,*.....
PARKINSON'S
- My 'Take home' from the seminar
VALUABLE INFO
.....
.....
- I recommend this seminar to (name the group).....
- Optional: To receive ANNUAL UPDATES on this technique