

Survey on the 'Counting Breaths Meditation' Seminar

Voorheesville Library 2/2/15

- > I will use this technique for my (concern).... *daily stress & mind focus*
 - > My 'Take home' points *incorporate breathing technique into my daily routines especially upon waking & going to sleep.*
 - > My expectation from the seminar is fulfilled to level A B C
- Comments: *Thank you - much food for thought*
- > I recommend this seminar to (name the group).... *Anyone - it's easy & free*
 - > Optional info: If you like to receive ANNUAL UPDATES on this technique

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- > I will use this technique for my (concern).... *stress/relaxation*
 - > My 'Take home' points *I plan to use the breathing techniques - they seem very effective.*
 - > My expectation from the seminar is fulfilled to level A B C
- Comments: *I appreciated your philosophical perspective in reinforcing the importance of meditation and mind/body.*
- > I recommend this seminar to (name the group).... *maybe my book group. If there's enough interest I will contact you*
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- > I will use this technique for my (concern) *calm my mind, reduce stress level*
 - > My 'Take home' points *start, just start the practice & take steps to meditated*
 - > My expectation from the seminar is fulfilled to level A B C
- Comments: *a little hard to hear you with the heater running.*
- > I recommend this seminar to (name the group).....
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- > I will use this technique for my (concern) *anxiety, develop concentration*
 - > My 'Take home' points *different counting techniques, can do lying down (yes!) Also, it's OK to count (I was taught to be quiet, no thoughts) - so helpful.*
 - > My expectation from the seminar is fulfilled to level A B C
- Comments: *I had a very hard time hearing the presenter's soft voice and missed some of the talk. Seems to be an excellent way to quiet the mind. I am excited to try it at home!*
- > I recommend this seminar to (name the group).....
 - > Optional info: If you like to receive ANNUAL UPDATES on this technique

e-mail ID (PRINT): Name (PRINT):

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> I will use this technique for my (concern)..... *Hypertension*

> My 'Take home' points *Breathing posture, and better focus*

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

Comments: *My husband always try to get me to mediate but they way you broke it down made it more understanding and simple*

> I recommend this seminar to (name the group).....

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> I will use this technique for my (concern)..... *Pain, tension + stress*

> My 'Take home' points *Relax*

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

Comments:

> I recommend this seminar to (name the group).....

> Optional info: If you like to receive ANNUAL UPDATES on this technique

e-mail ID (PRINT): Name (PRINT)..... *Mary Mosher*

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- > I will use this technique for my (concern) stress level and migraines
- > My 'Take home' points Try to use technique in everyday activities. Use the technique before I fall asleep.
- > My expectation from the seminar is fulfilled to level A B C

Comments:

Great tips! I am eager to try the technique.

- > I recommend this seminar to (name the group) College students dealing w/ stress
- > Optional info: If you like to receive ANNUAL UPDATES on this technique

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- > I will use this technique for my (concern) Focusing Practice
- > My 'Take home' points How to relax by controlling my breathing
- > My expectation from the seminar is fulfilled to level A B C

Comments:

- > I recommend this seminar to (name the group).....
- > Optional info: If you like to receive ANNUAL UPDATES on this technique

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- > I will use this technique for my (concern) *better sleep less stress*
- > My 'Take home' points *will practice with my 4 yr old grand son
It will help to count this will concentrate my mind*
- > My expectation from the seminar is fulfilled to level A B C
Comments: *I like that there are no rules*
- > I recommend this seminar to (name the group).....
- > Optional info: If you like to receive ANNUAL UPDATES on this technique

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- > I will use this technique for my (concern) *stress level*
- > My 'Take home' points *to try it @ night and in the morning as a
start. Don't worry about rules, just do it!*
- > My expectation from the seminar is fulfilled to level A B C
Comments:
*I really enjoyed the presentation. I am looking forward
to trying the breathing. I will consider contacting you about
more*
- > I recommend this seminar to (name the group) *the teachers at my school class*
- > Optional info: If you like to receive ANNUAL UPDATES on this technique

e-mail ID (PRINT): *T2 DVORSCAK@YAHOO.COM* Name (PRINT): *TAMA DVORSCAK*

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- > I will use this technique for my (concern)....anxiety, falling asleep, concentration
- > My 'Take home' points ...Mediation can be used anytime and anywhere, "each breath is a life", "you can't change people's actions, you can only change your reaction"
- > My expectation from the seminar is fulfilled to level A B C

Comments: I loved your presentation and I know I will be able to use these techniques to help me relax.

- > I recommend this seminar to (name the group)....everyone could use these methods!
- > Optional info: If you like to receive ANNUAL UPDATES on this technique