

**My Feedback on the 'Focusing on Breathing' Seminar**

At G.P.N.Y. On 8.15.12

1. The seminar is  Very useful  Useful  Somewhat useful  Not useful

2. I will use this technique for my (concern) sleep (to relax and enable sleep)

3. Comments about the seminar Very relaxing and educational

**My Feedback on the 'Focusing on Breathing' Seminar**

At Lions eye (Gandham) On 8/15/12

1. The seminar is  Very useful  Useful  Somewhat useful  Not useful

2. I will use this technique for my (concern) stress and to calm my wandering mind at night

3. Comments about the seminar I liked learning how to breathe correctly and different methods of: Very relaxing

**My Feedback on the 'Focusing on Breathing' Seminar**

At Lions Eye Institute On 8/15/12

1. The seminar is  Very useful  Useful  Somewhat useful  Not useful

2. I will use this technique for my (concern) anxiety

3. Comments about the seminar Very helpful informative. Definitely will ease my anxiety & trouble breathing while anxious. Very peaceful

**My Feedback on the 'Focusing on Breathing' Seminar**

At Dr. Gandham's etc On 8/15/12

1. The seminar is  Very useful  Useful  Somewhat useful  Not useful

2. I will use this technique for my (concern) stress, insomnia

3. Comments about the seminar enjoyed learning technique, will use to reduce stress & enhance relaxation

Optional: For ANNUAL UPDATES on this technique please PRINT e-mail ID: rosepratti@yahoo.com

Name: Rose PRATTI Ph# .....

**My Feedback on the 'Focusing on Breathing' Seminar**

At Lions Loft Room On Aug 15

1. The seminar is  Very useful  Useful  Somewhat useful  Not useful

2. I will use this technique for my (concern) ... SLEEP, WORK, WAITING PERIODS .....

3. Comments about the seminar ... VERY USEFUL, SHOULD HAVE STARTED EARLY .....