

**My Feedback on the 'Focusing on Breathing' Seminar**  
At 'Adult Fellowship Zion's United Church of Christ Taborton' On 4/17/12

1. The seminar was Excellent Very Good Good Not useful
2. I will use this technique to relieve my (concern) ..... yes / .....
3. Comments about the seminar (if any)..... Very interesting & I can see  
it can work .....

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1. The seminar was Excellent Very Good Good Not useful
2. I will use this technique to relieve my (concern) stress at work, and inability to fall  
back to sleep when waking up too early. .....
3. Comments about the seminar (if any)..... very practical & helpful! and  
easy to do!  
Thank you! .....

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1. The seminar was Excellent Very Good Good Not useful
2. I will use this technique to relieve my (concern) ..... SLEEPING .....
3. Comments about the seminar (if any)..... WELL PRESENTED, VERY CLEAR  
AND HELPFUL ..... THANK YOU! .....

Optional: To receive ANNUAL UPDATES on this technique, please PRINT your E-Mail ID: .... RKLOESCH@AOL.COM

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Ph# ..... 674-8204 .....

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1. The seminar was    Excellent      Very Good      Good      Not useful

2. I will use this technique to relieve my (concern) ..... sleeplessness + stress.....

3. Comments about the seminar (if any).....  
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1. The seminar was    Excellent      Very Good      Good      Not useful

2. I will use this technique to relieve my (concern) ..... WORRY.....

3. Comments about the seminar (if any)..... PRESENTER WAS EXCELLENT  
IN EXPLAINING WAYS TO FOCUS ON THE MOMENT.....

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Name: .....

Ph# .....