

How did it go today?

We want to know what parts of class you found helpful/beneficial today. Please circle how helpful/beneficial you felt parts of class were today. Remember, there are no right or wrong answers.

Not helpful/beneficial					Very helpful/beneficial
A. Being in a group with others					
1	2	3	4	5	
B. The facilitator's words during class					
1	2	3	4	5	
C. The physical postures during class					
1	2	3	4	5	
D. The breathing during class					
1	2	3	4	5	
E. The sitting/lying down part of class					
1	2	3	4	5	
F. Being able to quiet my thoughts					
1	2	3	4	5	

What was your favorite part of class? Look at the statements above and please circle the letter that matches your favorite part of class today.

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We want to understand how our facilitators offer their practices. Please circle how much you agree or disagree with the statements below based on how the class allowed you feel during today's practice. Remember, there are no right or wrong answers.

"The facilitator led the practice today in a way that allowed me..."

Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
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"...to safely experience how I was feeling in my body."

1	2	3	4	5
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"... to trust my own judgements and decisions about what I thought my body needed."

1	2	3	4	5
---	---	---	---	---

"...to feel like I was in control of my body."

1	2	3	4	5
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"...to recognize how I feel about myself and the way I think about myself."

1	2	3	4	5
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"...to feel that I was able to comfort and calm myself."

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