



Name	The design of the session I had opportunity to act	Adequate time and struc
	5	5
	5	5

The facilitator(s) were	I understand the purpose	I learned new content	as I will integrate the content
5	5	5	5
5	5	5	5
5	5	5	5
5	5	5	4
5	5	5	5
5	5	5	5
5	5	5	5
5	5	5	5
5	5	5	5
5	5	5	5
5	5	5	5
4	5	5	5
5	5	4	4
5	5	5	5
5	5	5	5
5	5	5	5
5	5	3	1
5	5	5	5
5	5	4	5
5	5	5	3
5	5	5	5
5	5	3	5
5	5	5	5

Is there something that : COMMENTS OR SUGGES

No Mindfulness presentation was informative

It was perfect The presenter did a great job

No, the introduction was Really helpful and useful tools! Looking forward to reading the mindfulness book.

No increase yoga time Enjoy Ryae (3.6 (0.8 (5 (2) ssaoy Ry infhat y re2

rally struggle with stress that I felt was too personal to share. And normally I'm not shy.