

## Feedback

### 1. Have you practised Yoga before?

Mark only one oval.

- ☒ Yes  
☐ No

### 2. What did you find most useful? please list in order of value - most useful first. Write the order in the circle boxes.

Mark only one oval.

- ☒ 2 Moon salutation  
☒ 5 Introduction to TCM and energy  
☒ 4 Yin yoga postures - kidney/ liver/ spleen  
☒ 3 Couples yoga postures  
☒ 1 Theory of relaxation and how to do quick relaxations  
☒ 2 Breathing techniques to relax and steady energy

### 3. What size class yoga class would be ideal?

Mark only one oval.

- ☒ 6 persons  
☐ 8 persons  
☐ 10 persons  
☐ 12 persons  
☐ More than 12 persons  
☐ No preference

### 4. How did you hear about us?

Mark only one oval.

- ☒ Facebook Ads  
☐ Through a friend  
☐ Other:

### 5. Timing of classes - which would you prefer?

Check all that apply.

- ☐ Once a week in the evening  
☒ Weekends  
☐ More sessions - instead of 4 make it 6  
☐ A regular class instead of a workshop?  
☐ I like how the workshop is structured now

## 6. Which of these workshops/seminars relating to Fertility would you be interested in?

Check all that apply.

- ☒ Yoga
- ☒ Nutrition and Fertility Superfoods
- ☐ Medical Perspective on Fertility and IVF
- ☒ Fertility Massage
- ☐ TCM
- ☐ Hypnotherapy
- ☐ Other:

7. Any Comments or Suggestions? *what topics you wanted to know ? in future*

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8. *what is one thing that you will tell your friends about our workshop today?*

*How yoga really calm the mind and body.*