



**BENATURAL**  
FERTILITY WELLNESS

## Testimonial

	Wife	Husband
Name	Nurulanni Binte Sueb	Muhammad Amir
Age	28	29
Mobile No.	9175426	9012521
Email	amrisueb@gmail.com	amirsoaini82@gmail.com
Testimonial	Great hospitality and warm environment. Everything was structured perfectly.	

## 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.

☐ Moon salutation

☐ Introduction to TCM and energy

☒ Yin yoga postures - kidney/ liver/ spleen

☒ Couples yoga postures

☐ Theory of relaxation and how to do quick relaxations

☐ 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.*

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- ☒ Fertility Massage
- ☐ TCM
- ☐ Hypnotherapy
- ☐ Other:

7. Any Comments or Suggestions? *what topics you wanted to discuss in future events*Powered by  
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8. What is one thing you will tell your friend about our workshop today?

Great teacher & speaker.

Breathing techniques & how sitting straight helps you breathe much deeper.