

Faye & Steve
(No testimonial)

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 discuss in future events

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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.

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☒ 3 Couples yoga postures
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- ☐ 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.



BENATURAL
FERTILITY WELLNESS

Testimonial

| | Wife | Husband |
|-------------|---|-----------------------|
| Name | Sim Kar Yin | The Lee Kin |
| Age | 29 | 34 |
| Mobile No. | 98278065 | 92430748 |
| Email | karyin_sky@yahoo.com | nikeel-25@hotmail.com |
| Testimonial | Amazing workshop which we get to learn up different yoga poses together. | |

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- ☐ Other:

7. Any Comments or Suggestions? What topics you wanted to learn and discuss on future events!

All!

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8. What would be one thing you will tell to your friends about our Workshop today?

Be natural yoga is something new but really useful and educational for understanding concerning.



BENATURAL
FERTILITY WELLNESS

Testimonial

| | Wife | Husband |
|-------------|--|-----------------------|
| Name | Aunlanni Binte Sueb | Muhammad Anwar |
| Age | 28 | 29 |
| Mobile No. | 9175426 | 90122521 |
| Email | amrisueb@gmail.com | amrsoanir82@gmail.com |
| Testimonial | Great hospitality and warm environment. Everything was structured perfectly. | |