



Teacher Name (required)

Class/Workshop Location (required)

What motivated you to take this course?

Please rank how well the teachings offered for this class series were in line with your expectations, based on the event description.

Poor 1 2 3 4 5 Excellent

How well did the teacher introduce the practice of Mindfulness?

Poor 1 2 3 4 5 Excellent

How well did the teacher's guided meditations support you in learning and applying meditation techniques?

Poor 1 2 3 4 5

How clear were the teacher's talks in presenting mindfulness practice in a way you could apply to your own life experience?

Poor 1 2 3 4 5 Excellent

How well did the teacher seem to embody the practice of mindfulness during the class?

Poor 1 2 3 4 5 Excellent

How well did the teacher respond to questions in the class?

Poor 1 2 3 4 5 Excellent

Would you recommend this teacher to friends or other students?

Yes No Maybe

Have you had similar trainings elsewhere? If so, what was it, and how did this series compare?

Please add any further comments to express the benefits and/or limitations of the course as you experienced it.