









1. How would you rate your satisfaction with the presentation?

		Response Percent	Response Count
Extremely satisfied		41.7%	5
Very satisfied		50.0%	6
Neutral		8.3%	1
Not very satisfied		0.0%	0
Not at all satisfied		0.0%	0
answered question			12
skipped question			1

2. How satisfied were you with the effectiveness of the presenter?

		Response Percent	Response Count
Extremely satisfied		50.0%	6
Very satisfied		50.0%	6
Neutral		0.0%	0
Not very satisfied		0.0%	0
Not at all satisfied		0.0%	0
answered question			12
skipped question			1

3. How satisfied were you with the amount of time allotted each session to cover the subject matter?

		Response Percent	Response Count
Extremely satisfied		41.7%	5
Very satisfied		41.7%	5
Neutral		16.7%	2
Not very satisfied		0.0%	0
Not at all satisfied		0.0%	0

Comments you would like us to know? 4

answered question 12

skipped question 1



4. Overall, what did you find most helpful about this event?

	Response Count
	11
answered question	11
skipped question	2


5. Do you have any suggestions for improving this event?

	Response Count
	10
answered question	10
skipped question	3

6. How likely will you be able to use the information given to you to improve your health and maintain a healthy lifestyle?

		Response Percent	Response Count
Extremely satisfied		50.0%	6
Very satisfied		50.0%	6
Neutral		0.0%	0
Not very satisfied		0.0%	0
Not at all satisfied		0.0%	0
answered question			12
skipped question			1

7. Would you participate in another Wellness one hour session on your own time?

		Response Percent	Response Count
Yes		100.0%	12
No		0.0%	0
answered question			12
skipped question			1

8. Was there anything about your experience today that you want to share? Something that surprised you? Delighted you?

	Response Count
	7
answered question	7
skipped question	6

Page 2, Q3. How satisfied were you with the amount of time allotted each session to cover the subject matter?

1	The time available is one hour, and I think the content was appropriate for the time.	Feb 25, 2014 2:45 PM
2	I wish it were longer. The presenter was terrific but there wasn't enough time before rushing back to our desks.	Feb 25, 2014 1:52 PM
3	Overwhelmed by work but feeling much more productive after that session.	Feb 25, 2014 1:38 PM
4	Instructor seems to be a very gentle, professional, accepting and accomplished person.	Feb 25, 2014 1:36 PM

Page 2, Q4. Overall, what did you find most helpful about this event?

1	The quiet, short meditations were wonderful. Relaxing and energizing at the same time.	Feb 25, 2014 3:10 PM
2	An introduction for dealing with stress in a way that is very "doable" at work.	Feb 25, 2014 2:47 PM
3	Good, usable, quick techniques.	Feb 25, 2014 2:45 PM
4	Relaxing, learning new techniques to use in everyday life.	Feb 25, 2014 2:09 PM
5	Gave me a chance to breath and relax for a secon	Feb 25, 2014 1:52 PM
6	Remembering to be mindful of the moment, in the moment. Brant did a great job of leading the presentation.	Feb 25, 2014 1:52 PM
7	A fantastic reminder about good yoga practice.	Feb 25, 2014 1:50 PM
8	Awesomeness! Complete awesomeness!	Feb 25, 2014 1:49 PM
9	The knowledge of the presenter was very good.	Feb 25, 2014 1:44 PM
10	Cleared my mind of too much clutter! Able to relax enough to put tasks into perspective and priortize better.	Feb 25, 2014 1:38 PM
11	the reminder to be in the moment,	Feb 25, 2014 1:36 PM

Page 2, Q5. Do you have any suggestions for improving this event?

1	No	Feb 25, 2014 3:10 PM
2	no	Feb 25, 2014 2:47 PM
3	Difficult to see the body positions the instructor demonstrated from where I sat.	Feb 25, 2014 2:45 PM
4	Incorporate some more advanced yoga moves, or have handouts/website links etc. that show some that we could do outside of the workplace?	Feb 25, 2014 2:09 PM
5	It should be held every week. Wish it were a regular yoga class - change clothes, mat on floor, etc.	Feb 25, 2014 1:52 PM
6	Make this a regular ongoing series that keeps building new skills and practicing real poses. I would go weekly if offered. Move it to a larger space without tables or chairs getting in the way.	Feb 25, 2014 1:52 PM
7	Have these sessions more often and move them to the cafeteria so more people can participate. Also - have additional yoga classes on site! I would pay to participate in a weekly course.	Feb 25, 2014 1:50 PM
8	Offer it more often. I would definitely attend again and highly recommend it to others!	Feb 25, 2014 1:49 PM
9	Would like to see this as a regular offering for employees. This is a great relaxation method and stress reducer! Thank you! I look forward to the next one in March!	Feb 25, 2014 1:44 PM
10	Brant did a great job. It was perfect! (Oh, maybe a little more room for stretching?)	Feb 25, 2014 1:38 PM

Page 2, Q8. Was there anything about your experience today that you want to share? Something that surprised you? Delighted you?

1	No. But I do encourage all employees to attend.	Feb 25, 2014 3:10 PM
2	Useful, informative, time well-spent.	Feb 25, 2014 2:45 PM
3	I was surprised how quickly I forgot to be self conscious that others might be watching my poses. At one point I forgot I was standing in a roomful of people!	Feb 25, 2014 1:52 PM
4	This was fantastic. I have taken Yoga classes from Yoga Hillsboro in the past and really enjoyed them. It was great to get ideas about how I can use Yoga at my desk.	Feb 25, 2014 1:50 PM
5	That felt soooooo good! Being able to channel mindfulness with gentle movements left me feeling relaxed yet revived at the same time. Complete awesomeness!	Feb 25, 2014 1:49 PM
6	I am very happy I attended. This was a great break in my day and I look forward to the next session. It would be nice if this was a regular offering.	Feb 25, 2014 1:44 PM
7	It surprised me how tense I was and how much that was released in just that short time. Thank you!	Feb 25, 2014 1:38 PM