

ID	Start time	Completion time	Email
1	11/29/18 18:26:30	11/29/18 18:27:59	anonymous
2	11/29/18 18:41:07	11/29/18 18:43:49	anonymous
3	11/29/18 18:40:15	11/29/18 18:45:32	anonymous
4	11/29/18 18:37:48	11/29/18 18:46:08	anonymous
5	11/29/18 17:54:42	11/29/18 18:47:17	anonymous
6	11/29/18 18:46:20	11/29/18 18:47:31	anonymous
7	11/29/18 18:47:23	11/29/18 18:47:44	anonymous
8	11/29/18 18:45:49	11/29/18 18:48:04	anonymous
9	11/29/18 18:47:23	11/29/18 18:48:08	anonymous
10	11/29/18 18:47:46	11/29/18 18:48:09	anonymous
11	11/29/18 18:47:29	11/29/18 18:48:46	anonymous
12	11/29/18 18:45:59	11/29/18 18:49:16	anonymous
13	11/29/18 18:48:07	11/29/18 18:49:25	anonymous
14	11/29/18 18:47:24	11/29/18 18:49:26	anonymous
15	11/29/18 18:48:40	11/29/18 18:49:33	anonymous
16	11/29/18 18:47:07	11/29/18 18:49:35	anonymous
17	11/29/18 18:47:29	11/29/18 18:50:08	anonymous
18	11/29/18 18:48:08	11/29/18 18:50:27	anonymous
19	11/29/18 18:48:54	11/29/18 18:52:06	anonymous
20	11/29/18 18:48:26	11/29/18 19:18:29	anonymous
21	11/29/18 21:16:03	11/29/18 21:17:08	anonymous
22	11/29/18 19:27:18	11/29/18 22:28:55	anonymous

Name	The design of the session I had opportunity to acti	Adequate time and struc	
	5	5	5
	5	5	5
	5	5	5
	5	5	5
	5	5	5
	5	5	5
	5	3	2
	5	4	5
	5	5	5
	4	4	5
	5	3	5
	5	4	4
	5	4	5
	5	5	5
	5	5	5
	5	5	5
	5	5	3
	5	5	5
	5	5	5
	3	5	5
	5	5	5

The facilitator(s) were sl	I understand the purpos	I learned new content a	I will integrate the conte	
5	5	5	5	5
5	5	5	5	5
5	5	5	5	5
5	5	5	5	4
5	5	5	5	5
5	5	5	5	5
5	5	5	5	5
5	5	5	5	5
5	5	5	5	5
5	5	5	5	5
5	5	5	5	5
4	5	5	5	5
5	5	5	4	4
5	5	5	5	5
5	5	5	5	5
5	5	5	5	5
5	5	5	3	1
5	5	5	5	5
5	5	5	4	5
5	5	5	5	3
5	5	5	5	5
5	5	5	3	5
5	5	5	5	5

Is there something that | COMMENTS OR SUGGESTIONS

No	Mindfulness presentation was informative
It was perfect	The presenter did a great job
No, the introduction was	Really helpful and useful tools! Looking forward to reading the mindfulness book.
No increase yoga time	Enjoy Ryan's sessions.
I am guilty of not being p	You rock
NA	NA
None	None
No	Great perspective on philosophy.
None	Copy of ppt
Na	Na
More active participatio	Good info
Needed to be longer	Practice of stress management
No.	Thank you for the good session.
No	Organization is a topic of stress that I would like to learn more about
More Yoga please!	Peaceful & relaxing!
N/A	N/A
Demonstrate a breathing	Ryan is an excellent facilitator
I wasn't a big fan of the s	Could definitely be turned into a full 2 hour PD!
Add more examples of h	Sharing my feelings was too hard for me. I normally like to participate, but I persor
Ryan is perfect!	More PDs like this!
I enjoyed the meetkng	Great on timing!
No	I would love a Mindfulness part 2!!

rally struggle with stress that I felt was too personal to share. And normally I'm not shy.