



Teacher's First and Last Name (required)

Program Location (required)

What motivated you to take this program?

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

Poor 1 ☐ 2 ☐ Average 3 ☐ 4 ☐ Excellent 5 ☐

How well did the teacher introduce the practice of mindfulness in nature?

Poor 1 ☐ 2 ☐ Average 3 ☐ 4 ☐ Excellent 5 ☐

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

Poor 1 ☐ 2 ☐ Average 3 ☐ 4 ☐ Excellent 5 ☐

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

Poor 1 ☐ 2 ☐ Average 3 ☐ 4 ☐ Excellent 5 ☐

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

Poor 1 ☐ 2 ☐ Average 3 ☐ 4 ☐ Excellent 5 ☐

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

Poor 1 ☐ 2 ☐ Average 3 ☐ 4 ☐ Excellent 5 ☐

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 program compare?

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