**Thanks for joining us for the Mexico Viniyoga Retreat November 2023!**

We would love to have your honest feedback, since we want to provide the best possible experience during our retreats.

1. Please rate the following components of the retreat:

 *Not helpful A little helpful Moderately helpful Very helpful*

Presentations

Asana

Pranayama

Chant

Meditation

Bird watching

Handouts

1. Do you think that what you learned and practiced during the retreat is likely to help you to…?

Improve physical health Not likely ☹ Likely ☺ Very Likely ☺

Improve mental health Not likely ☹ Likely ☺ Very Likely ☺

Improve emotional health Not likely ☹ Likely ☺ Very Likely ☺

Improve quality of life Not likely ☹ Likely ☺ Very Likely ☺

Help you be a better person Not likely ☹ Likely ☺ Very Likely ☺

Contribute to make you happier Not likely ☹ Likely ☺ Very Likely ☺

1. Do you find it likely that you will practice at home?

No way! Don’t think so Maybe I will give it a try Yes!

1. Did you find your expectations met?

 Not met Partially met Met Exceeded

Presenter ☹ ☺☹ ☺ ☺☺

Logistics ☹ ☺☹ ☺ ☺☺

Facilities (Purisima) ☹ ☺☹ ☺ ☺☺

Itinerary ☹ ☺☹ ☺ ☺☺

Lodging (Purisima) ☹ ☺☹ ☺ ☺☺

Food (Purisima) ☹ ☺☹ ☺ ☺☺

Bird Watching (Purisima) ☹ ☺☹ ☺ ☺☺

Bird Watching (Charco) ☹ ☺☹ ☺ ☺☺

Lodging (Casa Zuniga) ☹ ☺☹ ☺ ☺☺

Free Time in Cities ☹ ☺☹ ☺ ☺☺

The Retreat ☹ ☺☹ ☺ ☺☺

1. Please share any comments/suggestions:
2. If you have some words that we can share for future marketing, please share them here with us, or email them to Susana, specifying if it’s ok to use your name or initials.
3. Would you recommend the retreat? Not Likely ☹ Likely ☺ Very Likely ☺☺

**THANKS SO MUCH FOR FILLING OUT THIS FORM, WE REALLY APPRECIATE YOUR INPUT!**