

Going Beyond - First Steps

Course Evaluation

We appreciate you taking time to offer feedback. Please explain your answers and be concise. Your responses will help form future courses.

Name (optional):

Date:

Course Title:

Is this your first meditation course? Yes No

Is this your first exposure to this kind of meditation (Vipassana or Insight Meditation)? Yes No

Previous Vipassana trainings:

Previous meditation experience:

1. What were two or three aspects of the course that were most productive or most helpful?

2. What was not particularly helpful? How could it be improved?

3. What are three things you would like to see offered in future courses?

4. Other Comments:

Thank You!