

Sai's meditation workshop - Feedback

Thanks for coming to my workshop! I'd like to know how to make it better.

This form is totally anonymous (only metadata I get is a timestamp), so please be frank. If you want a response, please leave contact info!

If you want to give feedback on Twitter, please use these tags: #emfcamp #meditation @saizai; if elsewhere, please email me a link in case I miss it.

Happy self-hacking,

- Sai (<https://s.ai> / @saizai / emf@s.ai)

* Required

1. How was the workshop for: *

Don't answer if no opinion

Mark only one oval per row.

	1 - Bad	2	3 - Neutral	4	5 - Good
Clarity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comfort level w/ participating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Interestingness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Amount learned	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Speed / pacing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. How would you rate your knowledge / understanding BEFORE the workshop?

Mark only one oval per row.

	1 - None	2	3 - Vaguely understand	4	5 - Know it well
1-point techniques (e.g. breath meditation)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
∞-point techniques (e.g. sound observation)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
0-point techniques (e.g. empty-mind)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hypnosis / self-hypnosis techniques	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grounding / energy work techniques	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. How would you rate your knowledge / understanding AFTER the workshop?

Mark only one oval per row.

	1 - None	2	3 - Vaguely understand	4	5 - Know it well
1-point techniques (e.g. breath meditation)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
∞-point techniques (e.g. sound observation)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
0-point techniques (e.g. empty-mind)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hypnosis / self-hypnosis techniques	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grounding / energy work techniques	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. Any more comments (public)?

These may be shared publicly, e.g. quoted on Twitter or the like.

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5. Any more comments (for Sai only)?

This will *not* be shared; only I will see them.

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6. What's your name?

Totally optional! "Your name" means whatever you'd want me to call you if I refer to you publicly, not necessarily the name on your government ID.

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7. What's your contact info?

Totally optional! Twitter handle, email, IRC, etc — whatever you prefer to use.

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8. If you gave public comments and name / contact info, may I attribute your public comments to you by name / Twitter handle / etc? *

If "no", and you have any public comments above, I'll attribute them as anonymous. If you have any caveats, feel free to use the 'other' option.

Mark only one oval.

- Yes
- No
- Other:

9. Got links?

Blog posts, reviews, things I should read, other techniques to add, etc...

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