

EVALUATION Summary from: Myofascial Release Therapy Seminar-Healing Trauma
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Please give your comments: **[20 Responses-Below is a compilation of answers.]**

A) In general - What did you like best?

Open, spontaneous environment, positive energy. Enjoyed learning to take my time. Group chemistry [x3]. Hands-on. Informality. Focused on MFR, but incorporated into our practices. Practice with others. Learning new modality, technique [x4], keeps me from going stagnant. Everything [x3]. Practice sessions, skills. Becoming more aware. Instructor. Learning to let go. Individual feed-back and demo from instructor [x3].

What would you have wanted more of?

More of all. Time. Nice balance. Stretching, more techniques. Practice. The last day. Nothing. More time for practice sessions. Group hands-on. Hands-on w/instructor [x3]. Spinal/thoracic, work back.

What would you have wanted less of?

Nothing [x7]. None. Shorter breaks.

B) In addition, please comment on:

Facilities - Warm, inviting. Beautiful. Clean [x5]. Good energy. Lots of room. Liked it. Peaceful [x2]. Excellent [x3]. Great [x3]. Nice [x4].

Facilitator -

Good sense of humor[x3]. Easy to listen to, understand [x4]. Class act: knowledge, wisdom & experience. Amazing, intuitive, humorous. Gentle, loving, ripe w/info. Knowledgeable, helpful. Laid-back. Excellent. Awesome, peaceful. Excellent [x5]. Easy-going. Marvelous. Giving.

Demonstrations (techniques, skills, assessment methods, etc.) -

Easy to follow, well explained. The Best [x3]. Clear. Wanted more techniques. Easy to follow. Thorough explanations, further clarifications. Excellent illustration of technique. Great hands-on. Learning to tune into non-verbal communication. Just great, very good, wonderful. Was able to learn quickly, easily from demos. Enjoyed demos, liked having different people worked on. More time for each procedure. Great review at end of 2nd day. Eye-opening as to what the body can do. Helpful.

Practice sessions (partnering, skills gained, amount of time, etc.)

Nice to have lots of practice. Great partnering & skills gained. Perfect length of time for everything, makes us comfortable with MFR. Good variety of individual and group work. More guidance. Enhanced learning and group chemistry. Good practice sessions. Good to experience multiple-hands. Adequate time, helped solidify what we learned. Liked one-on-one and group work. Great. Just right. Felt great. Need more time, learned a lot.

Additional comments:

Thank you, look forward to next one. Great class, a 10! Hope to come back. Great balance of demo's, hands-on, & interactive discussion. Liked reviews of other literature on MFR, etc. Great atmosphere of giving & receiving, all partners willing. Realized the value of group work. First such seminar, surprised at ability to feel, palpate fascia. Very real, down to earth, taught me values and practice as a professional. Wonderful 1st CE experience. Enjoyed learning MFR. Can't wait to do it again! Great 3 days, love to learn new things to help my clients. Really enjoyed workshop. Great teacher, thank you.