



- Meditation Workshop
- Chakra Workshop

4. What other workshops would you be interested in? What is the best time and day for a workshop? (weekends, weekdays)

5. The majority of the classes are for all levels, would you be interested in another type of class? (restorative, flow, meditation/pranayama, level 2 etc)

6. Would you be interested in a one day “Women’s Yoga Retreat?” It would be held off site and would be a full day with yoga, meditation, pranayama, self massage, diet, etc. We haven’t planned it completely until we see if there is an interest and what are some areas you have concerns about and would like to see addressed. Also if interested what is the best time and day ?

Thank you for completing this survey and assisting us in making *Yoga In Sewickley* a yoga studio that works for everyone.

*Namaste’*

*Carol, Sharon and Terri*