

Evaluation Form

Your feedback is great appreciated

Student's Name

Age:

Gender:

Location:

Email Address:

Intended Learning Objectives

	True	Mostly true	Partly true	Not true
1. I am now able to sit for meditation for 20 minutes twice a day and enjoy it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I experience a greater degree of inner peace, stress reduction and well-being.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I now make informed choices about my habits to improve my health and vitality.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I understand the basic meditation technique of Tantra Yoga.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I have increased my spiritual understanding & self-knowledge.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I understand what motivates me with a greater degree of self-awareness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I have begun to examine my personal values in the light of yoga philosophy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I am able to concentrate better and keep my attention in the present moment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I have understood how to overcome obstacles in my spiritual path.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I feel that I have taken the first step on the path of Tantra Yoga.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes:

General questions

	Definitely	I think so	Not so sure	No
1. The course was excellent value for the that I paid.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. The guided meditation recordings were very helpful to my practice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I would strongly recommend this course to others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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4. What I liked best about the course was:

5. The course could be improved if:

6. One aspect of the course that was unclear or confusing was:

7. I would like to learn more. I'm particularly interested in:

If you feel that you have gained a lot from this course and would like to write a testimonial recommending it to others, please write your message here:

To claim your free 30 minute telephone coaching session with me or a colleague, please send the following to this address: MHSKEvaluations@themonkdude.com

- a. A copy of your journal entries
- b. A copy of your completed course assignments, including your spiritual discipline charts.
- c. The completed evaluation form.

Baba Nam Kevalam

Dada Nabhaniilananda

