

Yoga for pregnancy and a positive birth

Feedback Form for Birth Preparation Workshop

Please could you complete these quick questions so that I can continue to improve the workshops and ensure I am offering what you want and need. Email or post back to me. [There are 6 questions, please answer as many as you feel you'd like to.](#)

Today's date:
Your name (optional):

- 1) What did you both find most useful?

- 2) What did you find least useful?

- 3) What would have made the workshop more useful for you?

- 4) Where you able to use any of the things you learned during your labour? If so, mention what they were.

- 5) Any other comments?

- 6) Are you happy for me to use what you have said in marketing material on flyers or on my website? Yes ok / I'd rather you didn't *(delete as applicable)*