

I downloaded the meditations provided with this program:

Easily

With Difficulty

Not at all

I have both the book (e-book or book) and meditation downloads for this program:

Yes

No

I am using the recorded meditations provided with this program:

Regularly

Infrequently/Less Often

Not at all

I am doing the readings for “Out of Class Work”:

Regularly

Infrequently

Not at all

I am doing the “Out of Class” experience work:

Yes

No