**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