

# Going Beyond – First Steps

## Course Evaluation

We appreciate you taking time to offer feedback. Please explain your answers and be concise. Your responses will help form future courses.

---

Name (optional):

Date:

Course Title:

Is this your first meditation course? Yes No

Is this your first exposure to this kind of meditation (Vipassana or Insight Meditation)? Yes No

Previous Vipassana trainings:

Previous meditation experience:

---

1. What were two or three aspects of the course that were most productive or most helpful?

---

2. What was not particularly helpful? How could it be improved?

---

3. What are three things you would like to see offered in future courses?

---

4. Other Comments:

---

Thank You!