



Online Course in Meditation

Jack Risk

Participant Response Form

First Name:

Last Name:

Date:

Session number:

Session date:

Please answer the following questions:

- 1. What was helpful or interesting about this week's presentation?**
- 2. What questions, uncertainties or comments do you have about this week's subject matter?**
- 3. What was helpful or interesting about this week's discussion?**
- 4. What was helpful in this week's readings?**
- 5. What was your experience practicing this week's homework?**
- 6. What are you noticing about your practice, in general?**

When you have finished, right-click and select "Print." Print the document to a pdf, save it and send Jack a copy.