

Enjoy Sound for Meditation and Health

DOROT Aging Services
Workshop for Elders
New York City
June 13 and Oct. 26, 2012

Michael Braudy, Violinist, Meditation & Music Teacher
Friday, October 26, 2012
Feedback Questionnaire

1. How did these exercises affect you physically, emotionally, mentally, or spiritually?

- “relaxed, sleepy” – Barbara M.
- “It was very interesting”
- “This is a teaching workshop. That is the kind of class we need. It takes all physically, emotionally, mentally” – Laura T.
- “Totally relaxed, calm, quieter mind, peaceful spirit” – Renee K.
- “They were very calming”-Marianne W.
- “I relaxed physically, felt appreciative or impatient, designed a landscape” – Roz D.
- “Very calming” – Carol U.
- “Very relaxing; spiritually powerful”
- “All of the above” –John F.

2. Which exercise did you like most? Why?

- “Listening to the violin – most powerful sound.” – Barbara M.
- “All of them”
- “Breathing exercises and voice exercises. It is a work of combination.” – Laura T.
- “I liked the combination of the box & violin. I seemed to kind of sail away. Also liked singing the notes & the box.” – Renee K.
- “Listening & tai chi” – Marianne W.
- “When time of day was identified. This coincided with the alternative seasons I was visualizing.” – Roz D.
- “All” – Carol U.
- “I liked them all – without the singing of the notes.”
- “All of the exercise” – John F.

3. Is there anything you would change?

- “No” – Barbara M.
- “Would like to know the intellectual how of why this calms me.” – Carol U.
- “Less explanation of the notes – more playing of the music.”

4. How would you use what you did today for yourself or for others?

- “Buy an electric Jambora box” – Barbara M.
- “Spend more time listening to music.”

- “I try to repeat some to my friends and do them myself.” – Laura T.
- “I might sing some notes when starting or during the meditation.” – Renee K.
- “I hope to radiate it to the universe.” – Marianne W.
- “I can apply the experience to my paintings.” –Roz D.
- “Would like to share with other seniors.” – Carol U.
- “Listen to more music, meditative types.”
- “I would like to paint to music and movement.” – John F.