



Lotus Garden Retreat Survey

We are honored you came to a Lotus Garden retreat. Taking time for ourselves is hard to commit to sometimes! Please take a moment to give us feedback so we know what direction to focus our energy in next. Circle your response and provide comments as desired.

1. The length of the retreat was: Too short, Just Right, Too long. What would be the perfect retreat length for you?
2. The price of the retreat was: Too low, Just Right, Too high. If not just right, what should the fees be?
3. The retreat facilities: Need improvement, Worked Fine, Were perfect.
4. The retreat food: Needs improvement, Worked Fine, Was perfect.
5. The bodywork: Needs improvement, Worked Fine, Was perfect. What type of bodywork would you prefer at a retreat?
6. Movement time: Was not enough, Was fine, Was perfect. What type of movement do you prefer to do?
7. The retreat subject (healing the healers, medicine wheel, burnout, shadow aspects) was: Not what you were hoping for, Was fine, Was perfect. What retreat subject(s) are you interested in?

8. The welcome package was helpful and provided you the information you needed to feel prepared for the retreat. Yes / No
9. The facilitators:
 - a. Created and maintained a safe container for the weekend processing. Yes / No
 - b. Kept things moving appropriately. Yes / No
 - c. Handled issues adequately as they presented themselves (eg, safety violations from participants, logistical problems, etc). Yes / No
 - d. Other comments:
10. We are considering the following ideas:
 - a. Lower retreat weekend fees and have participants leave to eat at restaurants using their own money or bring their own food in (whichever they prefer).
 - b. Expand retreat weekend to 5 days so there is a slower pace, more time for bodywork, movement, resting, playing, etc while getting in all the processing time on whatever the subject is.
 - c. Traveling somewhere more exotic so the environment is more of a "get away."
 - d. One day workshops on a selected topic including movement time and lunch. Anticipate \$25-30/person.
 - e. One day adventure workshop on a selected topic including lunch...adventures would include hiking, fire pit circle, or kayaking. Cost would depend on additional adventure fees (eg, kayaking costs more than hiking) but \$25-30/person plus adventure fees.

Please circle any ideas you like and provide any comments you think could help us as we make plans.

Again, thank you for your honest feedback. We hope to continue tending souls a few at a time. If you would be interested in co-facilitating a workshop or helping with preparation, please let us know! There is lots of work involved with prepping for these events and we would be happy to consider a partial trade if you want to help us.

If you have any questions, please call us at (805) 714-6908. Please mail this survey to:

Lotus Garden
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Santa Maria, CA 93455