		Gra	de:	
1. I try to be k	ind and supportive	to myself when I'r	m having a hard tim	ne.
1-Never	2	3	4	5-Always
2. When I fee	l sad or down, it se	ems like I am the o	only one who feels	that way.
1-Never	2	3	4	5-Always
3. When I not	ice things about m	yself that I do not I	ike, I get really frus	trated.
1-Never	2	3	4	5-Always
		27		
	l I'm not "good eno netimes feel this w		I try to remind mys	elf that other
1-Never	2	3	4	5-Always
5. When I feel	l frustrated or disar	ppointed, I think ab	out it over and ove	r again.
1-Never	2	3	4	5-Always
	ething upsetting ha	appens, I try to see	things as they are	without blowing
1-Never	2	3	4	5-Always
1-Never	2	3	4	5-Always
	t myself for not bei			5-Always
7. I get mad a				5-Always 5-Always
7. I get mad a	t myself for not bei	ng better at some	things.	
1-Never	t myself for not bei	ng better at some	things.	5-Always

1-Never	2	3	4	5-Always
10. When	I feel bad or up	set, I tend to feel m	nost other people a	re happier than I am.
1-Never	2	3	4	5-Always
11. When	something diffic	cult happens, I try t	o see things clearly	/ without exaggeration
1-Never	2	3	4	5-Always
12. I'm real	lly hard on mys	elf when I do some	ething wrong.	5-Always
		oing well, I keep in	mind that life is so	metimes hard for
everyo		oing well, I keep in	mind that life is so	metimes hard for 5-Always
everyo 1-Never	ne. 2		4	5-Always
everyo 1-Never 14. When I	ne. 2	3	4	5-Always
everyo 1-Never 14. When I 1-Never	ne. 2 I'm feeling bad 2	or upset, I can't thir	nk of anything else	5-Always at the time. 5-Always
everyon 1-Never 14. When I 1-Never	ne. 2 I'm feeling bad 2	or upset, I can't thir	nk of anything else	5-Always at the time. 5-Always
everyon 1-Never 14. When I 1-Never 15. I try to I 1-Never	ne. 2 I'm feeling bad 2 be understandi 2	or upset, I can't thir 3 ng and patient with	hk of anything else 4 myself even where	5-Always at the time. 5-Always

eel I am unable	3	4	5-Always
eel I am unable			
	e to control the im	portant things in my	life.
2	3	4	5-Always
nings happen t	hat I did not plan f	or, I get really upset	i.
2	3	(4)	5-Always
2	3	S Classies).	5-Strongly Agree
uld be improv	ed about your Gro	wga class?	
	2 ny Growga yog 2 you enjoy mo	2 3 ny Growga yoga and mindfulnes 2 3 o you enjoy most about Growga o	ny Growga yoga and mindfulness class(es). 2 3 4 you enjoy most about Growga class(es)?

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	Growga Que	estionnaire (Eleme	•	/
Name (optional):		Gra	ade:SRd	
	kind and supportiv			
1-Never	2	3	4	5-Always
2. When I fee	el sad or down, it se	eems like I am the	only one who feels	s that way.
1-Never	2	3	4	5-Always
3. When I no	tice things about m	nyself that I do not	like, I get really fru	strated.
1-Never	2	3	4	5-Always
5. When I fee	el frustrated or disa	ppointed, I think al	oout it over and ov	er again.
1-Never	2	3	(4)	5-Always
them out o	nething upsetting hof proportion.	1	e things as they are	
1-Never	2	3	(4)	5-Always
7I get mad a	at myself for not be	ing better at some	e things.	
1-Never	2	3	4	5-Always
8. When I'm s	sad or unhappy, I re	emember that othe	er people also feel	this way at times.
1-Nover	12		1	Always

1-Never	2	3	(4)	5-Always
10 When I	feel had or up	set I tend to feel n	nost other people ar	e happier than Lam
			nost other people ar	
1-Never	2	3	4	5-Always
11. When s	something diffic	cult happens, I try	to see things clearly	without exaggeration
1-Never	2	3	(4)	5-Always
		·		
		going well, I keep ir	n mind that life is sor	metimes hard for
everyo		going well, I keep ir	n mind that life is sor	metimes hard for 5-Always
everyor 1-Never	ne. 2	3		5-Always
everyon 1-Never 14. When I	ne. 2	3	4	5-Always
everyon 1-Never 14. When I 1-Never	ne. 2 'm feeling bad	or upset, I can't thi	ink of anything else	5-Always at the time. 5-Always
everyon 1-Never 14. When I 1-Never 15. I try to I	ne. 2 'm feeling bad	or upset, I can't thi	ink of anything else	5-Always at the time. 5-Always
everyon 1-Never 14. When I 1-Never 15. I try to I 1-Never	ne. 2 'm feeling bad 2 De understandi	or upset, I can't thi 3 ing and patient wit	ink of anything else at the second se	5-Always at the time. 5-Always

1-Never	2	3	(4)	5-Always
18. I often	feel I am unable	e to control the im	portant things in my	life.
1-Never	2	3	(4)	5-Always
19. When t	:hings happen t	hat I did not plan f	for, I get really upset	
1-Never	2	3	4	5-Always
		***************************************		:
20. l enjoy	my Growga yog	a and mindfulnes	s class(es).	*
1-Strongly Disagree	2	3	4	5-Strongly Agree
	1		and the second s	
21. What d	lo you enjoy mo	st about Growga	class(es)?	
 22. What c	ould be improv			
22. What c	ould be improv	ed about your Gro		

Name (optiona	l):		Grade:) La >
1. I try to b	oe kind and su	pportive to myself	when I'm having a h	ard time.
1-Never	2	3	4	5-Always
2. When I	feel sad or do	wn, it seems like I a	ım the only one who	feels that way.
L-Never	2	3	(4)	5-Always
3. When I	notice things a	about myself that I	do not like, I get rea	lly frustrated.
-Never	2	3	4)	5-Always
-Never	2	3		5-Always
5. When I	feel frustrated	or disappointed, I t	think about it over ar	nd over again. 5-Always
	omething upsout of proportion	etting happens, I tr		ey are without blowing
-Never	2	3	4	5-Always
7. I get ma	nd at myself fo	r not being better a	t some things.	
-Never	2	3	4	5-Always
8. When I'r	m sad or unha	ppy, I remember th	at other people also	feel this way at times.
-Never	2	3	(a)	5-Always
***************************************				1

1-Never	2	3	(4)	5-Always
10. When I	feel bad or up	set, I tend to feel r	nost other people a	re happier than I am.
1-Never	2	3	(4)	5-Always
11. When s	something diffi	cult happens, I try	to see things clearly	without exaggeration
1-Never	2	3	4	5-Always
12. I'm real	ly hard on mys	self when I do som	ething wrong.	
1-Never	2	3	4)	5-Always
		3		37.11.43
		3	(-)	J 7 mmaye
	hings are not g	I	n mind that life is so	
13. When t	hings are not g	I		
13. When t everyon -Never	chings are not g ne.	going well, I keep ii	n mind that life is so	metimes hard for
13. When t everyor 1-Never 14. When I	chings are not g ne.	going well, I keep ii	n mind that life is so	metimes hard for
13. When t everyor 1-Never 14. When I	chings are not gne.	going well, I keep in 3 or upset, I can't th	n mind that life is so 4 ink of anything else	metimes hard for 5)Always at the time.
13. When t everyon 1-Never 14. When I	chings are not gne. 2 'm feeling bad	going well, I keep in 3 or upset, I can't th	n mind that life is so 4 ink of anything else	metimes hard for 5)Always at the time. 6-Always
13. When to everyon 1-Never 14. When Indexer 15. I try to be	chings are not gne. 2 'm feeling bad	going well, I keep in 3 or upset, I can't th	n mind that life is so 4 ink of anything else	metimes hard for 5)Always at the time. 6-Always
13. When the everyond 14. When I 14. When I 15. I try to be 15	chings are not gne. 2 'm feeling bad 2 De understandi	going well, I keep in 3 or upset, I can't the 3 ing and patient wit	n mind that life is sold a mind that life is s	at the time. (5-Always

17. When s them.	omething ups	ets me, I try to notic	e my feelings and	d not get carried away by
1-Never	2	3	4	5-Always
18. I often f	eel I am unab	le to control the imp	ortant things in m	ny life.
1-Never	2	3	4	5-Always
19. When t	hings happen	that I did not plan fo	r, I get really ups	et.
1-Never	2	3	4	5)Always
20. l enjoy r 1-Strongly Disagree	ny Growga yo 	ga and mindfulness 	class(es).	5-\$trongly Agree
21. What do	o you enjoy m	ost about Growga cl	ass(es)?	
22. What co	ould be impro	ved about your Grov	/ga class?	

		Grov	wga Questionnaire		1
Name (op	otional): _			_ Grade: <u></u>	3 Rel
1. I tr	y to be l	kind and su	pportive to myself	when I'm having	a hard time.
1-Never		2	3	4	5-Always
0 (1)	h a u 1 f a a	l aa d ay day	www.th.a.a.waa.tibaa.t.		ula a fa a la tla at una
	nen i iee	T	wn, it seems like I a		
1-Never		2	3	4	5-Always
3. W	hen I not	tice things a	about myself that I	do not like, I get	really frustrated.
1-Never	5	2	3	4	5-Always
1-Never		2	el this way too!	4	5-Always
1-Never		2	(3)	4	5-Always
5. WI	hen I fee	el frustrated	or disappointed, I	think about it ove	er and over again.
1-Never		2	3	4	5-Always
		ething ups		y to see things as	s they are without blowing
1-Never		2	3	4	5-Always
7. lg	et mad a	at myself fo	r not being better a	at some things.	
1-Never	***************************************	(2)	3	4	5-Always
8. Wh	nen I'm s	sad or unha	ppy, I remember th	nat other people a	also feel this way at times.

1-Never	2	3	(4)	5-Always
10. When I	feel bad or up	set, I tend to feel r	nost other people ar	e happier than I am.
1-Never	2	3	(4)	5-Always
11. When s	something diffi	cult happens, I try	to see things clearly	without exaggeration
1-Never	2	3	(4)	5-Always
L-Never	2	elf when I do som	4	5-Always
everyor		going well, I keep in	n mind that life is sor	metimes hard for 5-Always
everyor 1-Never	ne. 2	3		5-Always
everyor 1-Never	ne. 2	3	4	5-Always
everyor 1-Never 14. When I' 1-Never	me. 2 m feeling bad 2	or upset, I can't th	ink of anything else a	5-Always at the time. 5-Always
everyor 1-Never 14. When I' 1-Never 15. I try to k	me. 2 m feeling bad 2	or upset, I can't th	ink of anything else a	5-Always at the time. 5-Always
everyor 1-Never 14. When I' 1-Never 15. I try to k	m feeling bad 2 2 2 2 2 2 2 2 2	or upset, I can't thing and patient with 3	ink of anything else a 4 h myself even when	5-Always at the time. 5-Always I mess up.

17. When s them.	something ups	ets me, I try to noti	ce my feelings an	d not get carried away by
1-Never	2	3	4	5-Always
18. I often f	feel I am unabl	e to control the imp	portant things in n	ny life.
1-Never	2	3	4	5-Always
	hings happen t	that I did not plan f	or, I get really ups	
1-Never	2	3	(4)	5-Always
20. I enjoy i 1-Strongly Disagree	my Growga yog	ga and mindfulnes	s class(es).	5-Strongly Agree
21. What d	o you enjoy mo	ost about Growga o	class(es)?	
22. What co	ould be improv	ed about your Gro	wga class?	

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Name (optional): Grade: _ 1. I try to be kind and supportive to myself when I'm having a hard time. 4 1-Never 2 3 5-Always 2. When I feel sad or down, it seems like I am the only one who feels that way. 1-Never 2 3 (4) 5-Always 3. When I notice things about myself that I do not like, I get really frustrated. 1-Never 2 4 5-Always 3 4. When I feel I'm not "good enough" in some way, I try to remind myself that other people sometimes feel this way too! 1-Never 2 3 4 5-Always 5. When I feel frustrated or disappointed, I think about it over and over again. 1-Never 2 3 4 5-Always 6. When something upsetting happens, I try to see things as they are without blowing them out of proportion. 1-Never 2 3 5-Always 4 7. I get mad at myself for not being better at some things. 1-Never 2 3 4 5-Always 8. When I'm sad or unhappy, I remember that other people also feel this way at times. 1-Never 2 5-Always 3 4

1-Never	2	3	(4)	5-Always
10. When I	feel bad or up	set, I tend to feel n	nost other people ar	e happier than I am.
1-Never	2	3	4	5-Always
11. When s	something diffic	cult happens, I try	to see things clearly	without exaggeration
1-Never	2	3	4	5-Always
12. I'm real 1-Never	ly hard on mys	elf when I do some	ething wrong.	5-Always
		1 3		1 3 / 1000 43
12 Whon t			a mind that life is son	
everyor	hings are not g	going well, I keep ir	n mind that life is sor	metimes hard for
everyor	hings are not g		n mind that life is sor	
everyor 1-Never	hings are not g ne.	going well, I keep in		metimes hard for 5-Always
everyor 1-Never 14. When I	hings are not g ne.	going well, I keep in	4	metimes hard for 5-Always
everyor 1-Never 14. When I' 1-Never	hings are not gne. 2 'm feeling bad	going well, I keep in 3 or upset, I can't thi	4	5-Always at the time. 5-Always
everyor 1-Never 14. When I' 1-Never 15. I try to k	hings are not gne. 2 'm feeling bad	going well, I keep in 3 or upset, I can't thi	ink of anything else a	5-Always at the time. 5-Always
everyor 1-Never 14. When I' 1-Never 15. I try to k 1-Never	hings are not gone. 2 'm feeling bad 2 be understandi	or upset, I can't thing and patient wit	ink of anything else a	5-Always at the time. 5-Always

1-Never	2	3	(4)	5-Always
18. I often fe	eel I am unabl	e to control the imp	portant things in my lif	e.
1-Never	2	3	4)	5-Always
19. When th	nings happen t	:hat I did not plan f	or, I get really upset.	
1-Never	2	3	4	5-Always
		<u> </u>		
20. l eniov n	nv Growga voc	ga and mindfulness	s class(es).	
2011019091	in an arrigary as	ga arra rriir aratiroot	0.0000007.	
			4	
1-Strongly Disagree	2	3	4	5-Strongly Agree
	2	3	4	
Disagree		3 ost about Growga c	Δ	
Disagree			Δ	Agree
Disagree			lass(es)?	Agree
Disagree			lass(es)?	Agree
Disagree			lass(es)?	Agree
Disagree			lass(es)?	Agree
Disagree 21. What do	you enjoy mo	ost about Growga c	lass(es)?	Agree
Disagree 21. What do	you enjoy mo		lass(es)?	Agree
21. What do	you enjoy mo	ost about Growga c	lass(es)?	Agree
21. What do	you enjoy mo	ost about Growga c	lass(es)?	Agree