MindBody Synergy
COMMUNITY INTEREST COMPANY

In partnership with TELE-THERAPIES LTD

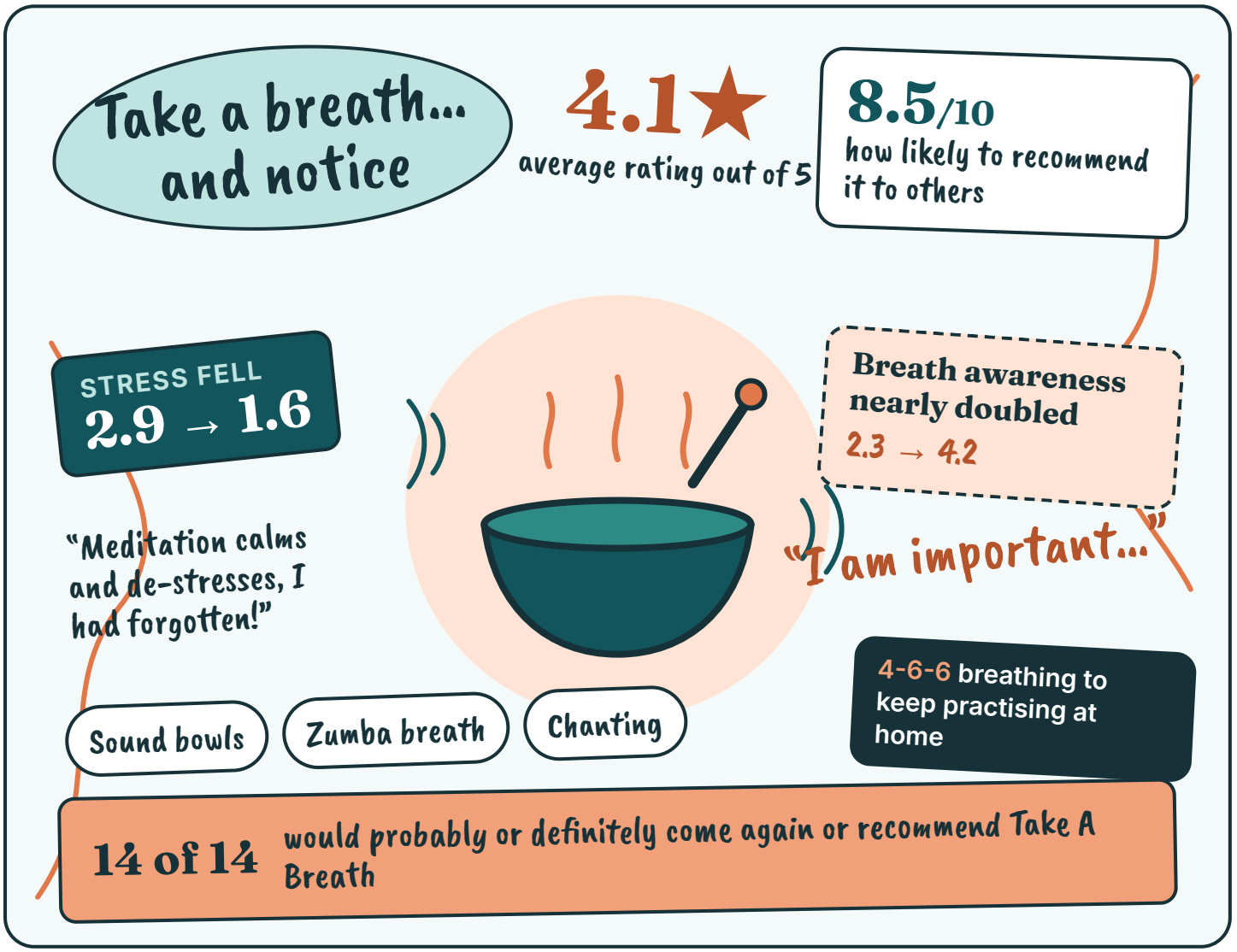
August 2026

Evaluation and Impact Briefing:

Take A Breath — a restorative afternoon of breath, movement & wellbeing

Dr Devi Sundar & Ms Feres

Kingsway Community Centre · 22 August 2026



Who
14 participants, mostly aged 61+

What
Breath, movement, sound & creativity

Delivered by
MindBody Synergy CIC & Tele-Therapies Ltd

What participants told us

All 14 people who completed a feedback form rated Take A Breath positively. Every wellbeing measure improved from before to after the session, and stress fell sharply. The shift was consistent across a varied group, which is the strongest sign that the format works as intended.

14
participants; 13 attending for the first time

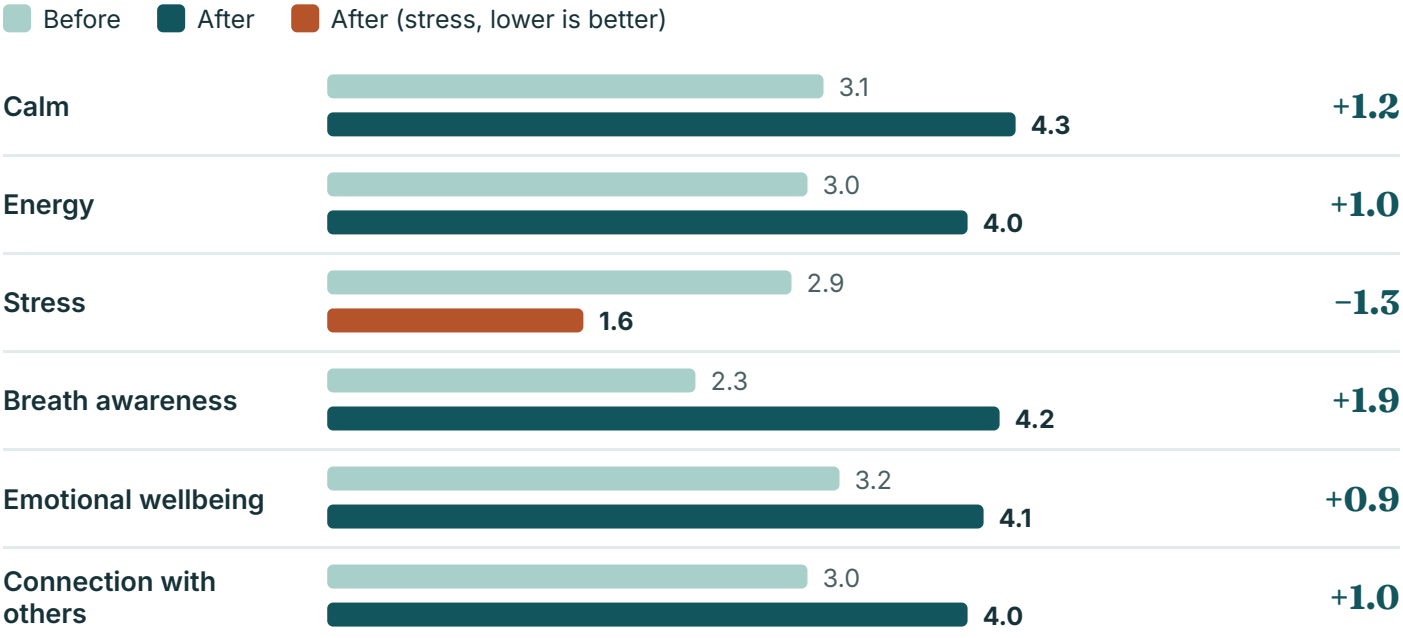
4.1★
average overall rating out of 5

8.5
average likelihood to recommend, out of 10

100%
would probably or definitely come again

Wellbeing before and after the session

Average rating across 14 participants, 1 = very low, 5 = very high. For stress, lower is better.



Who came



One participant aged 18–30. One returning attendee.

Overall verdict



5 would definitely and 9 probably attend again.

Source: 14 handwritten participant feedback forms, Take A Breath, 22 August 2026. Group averages show the direction and size of change rather than precise individual measurement.

How each activity landed

Activity	Rating	What we heard
Sound Bowl Meditation	Top rated	Most often Excellent; most-named favourite
Dancing Breath – Zumba	Strong	Often a favourite; one person felt self-conscious being filmed
Guided Breath Codes	Strong	Reliably Good to Excellent throughout
Chanting Breath Rhythm	Strong	Valued for the felt vibration and calming effect
Breath-Inspired Creative Art	Needs work	Rarely Excellent; mostly Good or Fair
Refreshments	Well received	No complaints

What participants gained

The outcomes chosen most often, in order:

1. Feeling calmer
2. Feeling more relaxed
3. Learning new breathing techniques
4. Experiencing deep relaxation
5. Inspired to keep practising

Several planned to continue 4-6-6 or 6-6-4 breathing, meditation or chanting at home.

Venue: the weakest area

9 of 14 rated the venue Fair or worse

Facilitators, warmth and organisation scored Good to Excellent. Sound and acoustics were the concern:

"Noise at venue... technical aspects – speakers"
"Quality of sound equipment / connectivity"

Notable observations

Higher-stress returner. The repeat attendee arrived with very high stress, the highest in the group, and still left feeling markedly better.

Filming and freedom. Being filmed during Zumba made one person feel "not as free" as usual.

Real reflection. Unprompted comments such as "I am important..." suggest more than momentary relaxation.

Recommendations

1. **Fix sound and acoustics**
   Upgrade or troubleshoot the sound and AV kit, and check the room acoustics at Kingsway Community Centre. This was the most repeated complaint.

2. **Rework the creative art activity**
   Give it more time, clearer instructions or more materials.

3. **Make filming optional**
   Use clear signage and an easy opt-out during movement activities such as Zumba.

4. **Check online booking**
   One person flagged it; a quick review will confirm whether it's an isolated issue.

5. **Build a recurring Take A Breath series**
   No one said they wouldn't return, so plan regular sessions shaped by what participants asked for next.

What people want next

- **More Take A Breath sessions**
- **Canvas Breath Art classes**
- Breath Café
- Family wellbeing events
- Chronic illness support groups

Filled: most requested. Outlined: some interest; a quick poll would help set priorities.

About this evaluation

Based on 14 handwritten feedback forms collected on the day. On about 3 forms, ticked boxes seemed to conflict with written comments; there, the comments and overall ratings were treated as the more reliable signal.

Treating the whole person.

MindBody Synergy CIC runs community sessions that help people care for their breath and their mind together, through breathwork, movement, sound and creativity. Take A Breath was delivered with Tele-Therapies Ltd, whose programmes support mental wellbeing, respiratory health and workplace resilience. Our support complements medical treatment; it does not replace it.

TELE-THERAPIES LTD

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