



WILD PREMA **YOGA**

Private Yoga Lesson

Client Intake Form

Please fill out the following form to help me guide our sessions more effectively with your success in mind.

1. Have you done yoga before? If so, what style, when, experience level?
2. What are yours goals with private yoga lessons?
3. What are your biggest health concerns?
4. What are your barriers to reaching your goal(s)?
5. What strategies or therapies have you tried? Are you currently doing them now?
6. Are you willing to do regular exercises and poses in between sessions? And if so, how much time per day can you dedicate?
7. Who can I thank for referring you?

PRIVATE CLIENT HEALTH FORM

Dear Student. Please fill out the following questionnaire to help me get to know you and serve you best during our time together. Thank you!

Name

Age

Birthdate (mm/dd/yy) / /

Profession

What do you spend most of your time doing?

Do you have any experience in yoga?

If so, when/where/how long? What was your experience like?

What do you most hope to get out of this workshop series?

What is your motivation for taking yoga? Circle all that apply:

Physical Health

Flexibility

Joint Pain

Stress Reduction

Mental Clarity

Fun

General fitness

Other:

Do you currently exercise? If so, please describe.

How did you hear about this course?

Please check any that apply:

Chronic sinus condition Heart trouble Low Blood Pressure

Diabetes Hypoglycemia Genito-urinary difficulties

Asthma Ulcers Intestinal complications

Immune Deficiency Epilepsy Chronic headaches

Herniated Disc Sciatica Scoliosis

Spondylolisthesis/Spondylolysis Osteoarthritis

___ Rheumatoid arthritis ___ Hernia ___ High Blood Pressure

___ Recent Surgery (explain)_____

___ Past or present allergies (to what if any?)

___ Chronic Pain (where?)_____

Please describe any other health or medical conditions that you believe may be helpful for us to be aware of:

In case of emergency, contact:

Name:

Phone #:

Relationship:

TEMPLATE FOR A BALANCED HOME PRACTICE

1. Sitting pose – meditation and/or breathing



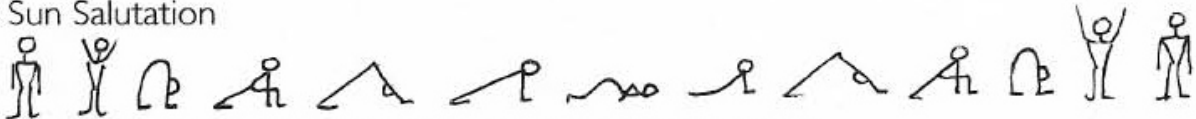
2. Warm-up exercises, baby poses, preparatory stages of poses



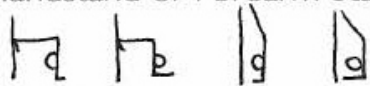
3. Downward Facing Dog



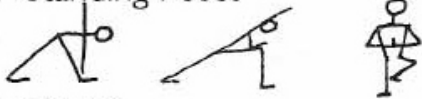
4. Sun Salutation



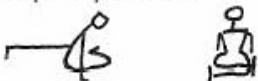
5. Handstand or Forearm Stand (L-shape or prep. Stage)



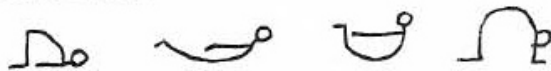
6. Standing Poses



7. Hip Openers



8. Backbends



9. Twists and Forward Bends



10. Meditation/Savasana



Yoga Session Guidelines and Agreement

Guidelines

To make our sessions as productive as possible and to get the most out of our work together, please follow these guidelines:

- If you are willing, dedicate daily practice and exercise time between lessons. This will ensure maximum progress and optimize our time together.
- Let meals or snacks digest before our session. Before practicing yoga, plan on giving yourself time to digest (2 hours after a meal, 1 hour after a snack). Please hydrate adequately beforehand. You may drink water during our session as needed.
- Please wear comfortable clothes that are stretchy, but not too loose.
- Ask questions! Please inquire if there is anything you do not understand or want to learn more about.
- If there is anything in particular you want to work on, please ask. Periodically it will be helpful also to review together your goals for these sessions so we are sure you are getting the most out of working together.

Terms

- Please be on time. Due to travel time and full client schedule, sessions must start and end on time.
- Carve out time for the session with no interruptions. Please turn off cell phones.
- 24 hour cancellation policy:
If a session needs to be rescheduled, please do so within 24 hours of the scheduled appointment. If cancellation is made with less than 24-hours notice, the full rate of the session will be charged.
- Time is limited and sessions will be most fruitful when these guidelines are followed.

* I agree with the above guidelines and understand them.

Signed _____
Client name

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www.wildpremayoga.com