Yoga Therapy Intake (Short form)

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_ Appt. Time:\_\_\_\_\_

Age:\_\_\_\_\_\_\_ Emergency Contact (name & phone)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Yoga Therapy is a holistic approach to support you in moving toward optimal wellbeing. Please tell me your expectations in coming to Yoga Therapy (Use back as necessary).
2. Is there a current condition or challenge you would like to address in Yoga Therapy?
3. Are you currently under the care or seeing a health provider? If so please briefly explain and include any limitations.
4. Tell me about your lifestyle? Diet? Exercise?
5. How is your stress level? What are the primary triggers?
6. Are you aware of ways that help you successfully release stress? If yes, do you practice them regularly?
7. How is your breathing?
8. What is your general energy level?
9. What is your experience with Yoga?
10. Please describe your spiritual or religious life?
11. Anything else you would like me to know about you?

Short version - Whole Person Wellness

This can be used as a self awareness tool. Rate each statement using the following scale.

0 - never 1 - almost never 2 - sometimes 3 - fairly often 4 - very often

**Physical Body**

* I feel connected to my body. \_\_\_
* I like the way my body looks and feels. \_\_\_
* I am able to maintain healthy body weight. \_\_\_
* I take time to eat in a relaxed environment at regular times. \_\_\_
* I drink adequate amounts of water. \_\_\_
* My digestion & elimination is untroubled. \_\_\_
* My heart is strong and healthy. \_\_\_
* I have good awareness of my posture. \_\_\_\_
* My joints are pain fee and support me well. \_\_\_
* My muscles are adequately strong and flexible. \_\_\_
* I regularly participate in active exercise. \_\_\_
* I sleep well and receive adequate amounts of sleep. \_\_
* Anything else in terms of physical: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Breath and Energy**

* I feel connected to my breath. \_\_\_
* I breathe fully, freely and easily. \_\_\_
* I wake up in the morning feeling refreshed and energized. \_\_\_
* I generally breathe in and out of the nose. \_\_\_
* My breath is typically smooth and silent. \_\_\_
* I am sensitive to energy in my environment. \_\_\_
* I take time to connect with nature. \_\_\_
* Being in nature brings me joy. \_\_\_
* I rest or take naps when I am tired. \_\_\_
* Anything else in terms of Energy:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Mind and Emotions**

* My concentration, memory and attention are strong. \_\_\_
* When I become mentally or emotionally overloaded I rest before exhaustion. \_\_\_
* When feelings arise, I am able to feel them, witness them, and identify them. \_\_\_
* I take time to do the things that I enjoy. \_\_\_
* I can easily laugh and experience the lighter side of life. \_\_\_
* I am able to share my feelings and emotions. \_\_\_
* I can express anger and rage without projecting these feelings onto others. \_\_\_
* I allow myself time to grieve losses and injuries and can feel these feelings without necessarily needing to attach them to a specific event or to justify them. \_\_\_
* I can fully express myself in the context of intimate relationship. \_\_\_
* I use body sensations of pain or discomfort as a doorway to exploring hidden feelings or emotions within myself. \_\_\_
* Regardless of my emotional state, I am able to access the calm ocean of being that underlies it all. \_\_\_
* My actions and decisions are based on an overall vision of my life’s meaning and goals rather then on momentary fears and desires. \_\_\_
* My level of work and rest are in balance. \_\_\_
* I am able to witness my thoughts and listen to receive the important information without buying into the stories of the mind or believing that these thoughts are who I am. \_\_\_
* Anything else in terms of mind and emotions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Spirituality**

* I see my life as a journey toward wisdom, knowledge and understanding of myself and of life as a whole. \_\_\_
* I see my own life as an inseparable part of the whole of life. \_\_\_
* I see physical and emotional challenges as messages that offer a gateway, to a deeper understanding of myself, others, and all of life. \_\_\_
* I spend time in a regular practice that helps me to connect with the part of myself that is also part of all of life. \_\_\_
* I feel guided by a deep intuitive knowing. \_\_\_
* I sense, in the deepest part of myself, that everything happens for a reason even though it may not be clear at my current level of understanding. \_\_\_
* I approach others with an open heart and compassion. \_\_\_
* I believe that forgiveness is the key to healing at a personal and global level. \_\_\_
* I am able to acknowledge the wrong turns and detours in my life without blame or comparing with what could have been. \_\_\_
* Anything else in terms of Spirituality / Religion: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_