

StudioDEE Checklist and Questionnaire

- a. Sessions run 60 minutes. Each participant should bring an old towel or yoga mat to each session.
- b. Please dress comfortably so that you can move with ease.
- c. Conditioning exercise will be modified as necessary.
- d. Refrain from eating a large heavy meal before the session. A light meal or snack is appropriate 45min-1hour prior to class.
- e. If we meet in your home, please choose a quiet space free of distractions. Please turn off phones and electronics during the session. If you have a pet, please have the pet remain in a different room during the session.
- f. I recommend you have a notebook/journal as well as a smartphone if you have one to take notes, pictures, and videos during our session.

Please answer the following questions so that I may design the appropriate yoga sequence or fitness program to suit your individual needs.

1. Are you under a doctor's care for any injuries or ailments? Please include any medications you are on.

2. If yes, please explain.

3. Have you had any surgeries? If so, what type of surgery did you under go and when was it?

4. Has your medical doctor placed any restrictions on you that I need to be aware of?

5. Have you taken a yoga class before or practiced yoga in the past? If so, what did you like most about it? What did you like least about it?

6. Are there any other things I need to be aware of that may restrict or limit your yoga practice, i.e. knee/hip replacement, shoulder injuries, etc.

7. How do you rate your current balance on a scale of 1 to 10 (1=Poor, 10=Great)?
8. How do you rate your current strength on a scale of 1 to 10(1=Weak, 10=Strong)?
9. How do you rate your current stress level on scale of 1 to 10(1=Low,10=High)?
10. How do rate your current flexibility on a scale of 1to10(1=Poor, 10=Great)?
11. What do you hope to get out of your sessions? (i.e. Strength, Endurance, Flexibility, Specific Personal Goal, Time Efficient Workout, etc.)
12. What is keeping you from reaching the above desire or goal?

My goal is to provide you with a therapeutic and personalized session tailored to your specific needs. I will close each session with a relaxation to strength the resiliency of the nervous system and increase your tolerance to stressors. If you have any questions or concerns regarding your session, please don't hesitate to contact me

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