

StudioDEE Checklist and Questionnaire

- a. Sessions last 60 minutes and I will provide all of the props, even chairs.
- b. Please dress comfortably so that you can move with ease.
- c. Yoga movements can be completed seated in a chair, on the floor or standing depending on your needs. We will discuss which option is best for you.
- d. Refrain from eating a large heavy meal before the session. A light meal or snack is appropriate 45min-1hour prior to class.
- e. A quiet space will allow for a deeper experience. 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.

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

1. Are you currently receiving radiation or chemo treatment?

2. If yes, when was your last treatment and what type was it?

3. Have you had any surgeries during your treatment? If so, what type of surgery did you under go and when was it? If lymph nodes were removed please state how many and where they were removed.

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)?

My goal is to provide you with a relaxing and healing session in the comfort of your home! If you have any questions or concerns regarding your session, please don't hesitate to contact me

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www.studiodeeyoga.com