

CONFIDENTIAL QUESTIONNAIRE

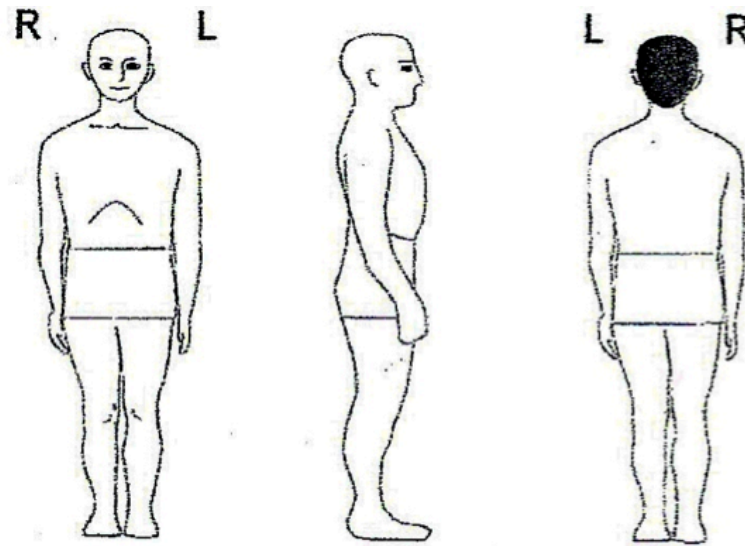
Date		Teacher	
Referred By		Fee Structure	
Name		D.O.B. / Age	
Gender		Occupation	
Marital Status	Single/Married/Separated/ Divorced/Widowed/Other	Partner Name & Age	
Children Names & Ages			
Address			
Town		County	
Post Code		Phone.	
Email Address		Mobile No.	
Height		Weight	
Energy Level	Excellent/Good/Moderate/ Poor/Erratic	Appetite	Excellent/Good/Moderate/ Poor/Erratic
Sleep Onset	Easy/Late/Inconsistent	Quality of Sleep	Excellent/Good/Moderate/ Poor/Erratic
Bowel Movement	Regular/Irritable/Constipated/ Erratic	Exercise Habits	
Type of Delivery	Normal/Caesarian/ Not Applicable	Menstrual Cycle	Regular/Irregular/Erratic/ Not Applicable
Activities & Interests			
Family History	Mother: Asthma/Obesity/Arthritis/Diabetes/Cardiac Problems/Depression/ Other (please give details)		
	Father: Asthma/Obesity/Arthritis/Diabetes/Cardiac Problems/Depression/ Other (please give details)		
Medical History	Please list any surgery or major illnesses:		
Current Medication	Please list any medication that you are currently taking:		
Previous Yoga Experience	Please briefly list any yoga experience you have had:		
What Benefits Do You Hope To Get from Yoga Practice?			

The above information is correct and complete. I am happy to provide further information during the consultation and sessions. I have been told about the one-to-one process and I am happy to proceed.

Signature:

Date:

OBSERVATIONS



DARSANAM

Perceived Observations

SPARSANAM

Perceived Examinations

Pulse Type L: V P K

Pulse Rhythm L:

Pulse Strength L:

Pulse Type R: V P K

Pulse Rhythm R:

Pulse Strength R:

PRASNAM

Interviewed Observations

Confidence Level

Emotional State

Eagerness Level

Coherence of Speech

Other Observations

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PRACTICE GUIDELINES

Practice Time of Day		Length of Practice	
Short Term Goals		Long Term Goals	



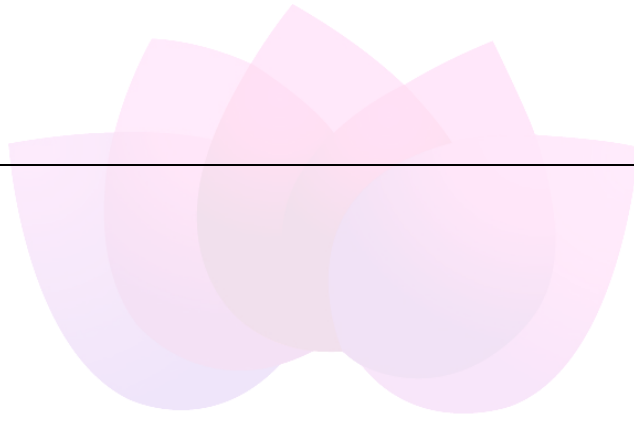
Suggested Accompanying Guidelines (if applicable)

Ahara Niyama	Diet	Vihara Niyama	Lifestyle

Other Instructions



Proposed First Class



TSYP

The Society of Yoga Practitioners