

Circle One:            Back            Basic Yoga

**Yoga program**

**NAME:** \_\_\_\_\_

**PHONE:** (h) \_\_\_\_\_ (cell) \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**Who talked to you about this** \_\_\_\_\_

On a Scale of 1-10, 1 being the worse and 10 being the absolute best, where do you put your self today? (Circle the appropriate number)

What is your overall fitness ?

1    2    3    4    5    6    7    8    9    10

What is Your motivation and expectation?

How is your connection to your body?

1    2    3    4    5    6    7    8    9    10

How is your flexibility?

1    2    3    4    5    6    7    8    9    10

How is your balance?

1    2    3    4    5    6    7    8    9    10

You're in need of a Challenge yoga?

1    2    3    4    5    6    7    8    9    10

You're in need of a quiet yoga?

1    2    3    4    5    6    7    8    9    10

**Congratulations! You are about to take your body/mind to a whole new level!**