

YOGA THERAPY INTAKE

Thank you for choosing Stress Free Yoga. I am committed to Mentoring you in a compassionate and encouraging atmosphere that supports your health and healing. I look forward to working with you.

Name: KW

Address: Sea Cliff 11579

Email:

Birthdate: August 20, 1979

Emergency Contact: D

Referred by: N/S

Preferred Gender pronoun: She, her

Racial or Ethnic Identity: White

Current Spiritual or Religious practice: None

Current or Previous Employment: Self-employed (interior design)

What are your primary health or wellness concerns? Recover (or maybe “evolve?”) from cancer/surgery (both emotionally + physically)

Do you have a specific diagnosed condition(s):

- **Name of condition** Triple Negative Breast Cancer
- **Stage/type of that illness if applicable** Stage 2
- **When diagnosed ?** April 2022
- **By whom?** Oncologist
- **Currently being treated by** Dr. Tiffany Traina (MSK) + Dr. Alexandra Heerdt (MSK)
- **Pain level** Moderate
- **Limitations due to condition** Limited range of motion
- **Known contraindications**

How interested are you in Yoga practices to support the following goals (1=not interested, 2=moderately, 3=very interested) 3 (all)

- **Physical health and wellbeing**
- **Mental health and resilience**
- **Stress reduction**
- **Improved focus**
- **Enhanced quality of life**
- **Spiritual growth**
- **Other:**

Describe your primary reason for seeking yoga therapy. What are your goals for our time together? I have recently been reminded that life is short and I want to (finally) truly focus on a better connection between my mind + body and live my best, most authentic life – mentally, physically + emotionally.

Please list any other services you are receiving (i.e mental health therapy, physical therapy, acupuncture etc.): Physical therapy 2x/week

Please describe what you are currently experiencing, including onset/diagnosis: Limited range of motion in shoulders, upper body. Tight skin around abdomen scar (hip to hip).

Describe any concerns, differences or observations you have made regarding your physical body in relation to the challenges you are currently experiencing: I've felt how crooked my back, hips + body is due to my childhood scoliosis and how that impacts all parts of my body (I think I've compensated throughout my life); I am grateful for how strong I was going into chemo, radiation + surgery. I miss how strong I was.

Describe any concerns, differences or observations you have made regarding your mental state in relation to the challenges you are currently experiencing: I strive to always be "fine" but I imagine I'm compensating after being in fight or flight for 2 years.

Describe any concerns, differences or observations you have made regarding your emotional state in relation to the challenges you are currently experiencing: I'm highly aware of how actively I work to suppress emotions and I'd love to (finally) try to break through that (if that's even possible!).

What do you think is getting in the way of making positive changes in your life? I'm tired lol! I feel scattered + disorganized. Maybe I'm scared that it won't matter (in regards to my diagnosis and it possibly coming back). What do you hope to address and gain by a Mentorship and tools of Yoga Therapy? Is there anything else I may have missed and you would like to share? I don't think so!