



VEDANTA YOGA

Our work will be to identify and support your goals of enhancing your health and well-being through an array of science-backed, Yoga-based practices. The practices include any combination of gentle movements, dynamic stretches designed to reduce pain and improve mobility, breathing exercises, various meditation techniques, affirmations, and healthy lifestyle choices. Depending on your interests we may also use visualization, journaling, and other related techniques to support your self-discovery as well as your personal transformative and healing processes.

In all cases, the work is uniquely client-centered, and you provide input on every step of the journey. By providing the information requested on this intake form, you will help me to suggest services that will best meet your needs. If there are any other medical or life circumstances not included on this form that would impact our work together, please let me know so that we may adapt practices specifically for your situation.

The information you provide will help us to work more effectively with you. We comply with HIPAA laws; all information is strictly confidential, and nothing will be shared with a third party unless mutually agreed upon.

Name _____ Date 05/03/2024

Address _____

Phone number _____ Email _____

Profession Systems Engineer

Pronoun(s) he / him Weight _____ Height _____

Date of Birth _____ Age 47

Emergency Contact _____

INSTRUCTIONS FOR YOUR FIRST YOGA THERAPY CONSULTATION

Thank you for giving thoughtful consideration as you complete this New Client Questionnaire. You will have a opportunity to address any concerns that require more detail during your appointment with your practitioner.

Please bring the completed New Client Questionnaire to your first visit

Please also bring a Yoga mat and wear comfortable clothing.

Client confidentiality will be observed under all circumstances.

If you do have any questions, please contact your practitioner:

Landon Morrison - VedantaYogaLandon@gmail.com - 240 675 3427

Please circle or underline the answer most related to your response:

Are you familiar with Yoga? Yes or No? If so, what has been your experience with it?

4 months of weekly practice. Flow, hot power flow, restorative facia w/ sound bath, relaxation & restorative for stress and anxiety, heal flow, and restorative with sound bath

Do you currently exercise? Regularly *Occasionally* *Infrequently* Please feel free to describe what kind, how often, and how you feel about your exercise habits.

Regular yoga for last 4 months, infrequent/occasional weight training and walking

How would you describe your general health? *Great!* Good *Okay* *Fair* *Poor* Do you have any injuries or physical limitations?

In general good health, though looking to reduce weight back to where I was in late 2021. No permanent injuries, but currently having low back pain, some hip discomfort, and mid-low back muscle issues on right side.

Please briefly explain any specific condition you seek to improve through Integral Yoga Therapy.

Flexibility; strength; reduce depression, anxiety, stress; increase mindfulness; process trauma from abusive marriage; and process the current loss of a profound relationship.

Are you currently under the care of a doctor or other healthcare provider? *Yes* No If so, please identify the provider(s):

Center for Mind Body Therapies, therapist, sessions every other week.

Phil Snyder, 301-676-5757, posnyder@gmail.com

Psychological Nurse Practitioner, medication monitoring

Frederick Primary Care Associates, PCP

Does this provider know you are seeking support through Yoga Therapy with Vedanta Yoga?

Not yet, will inform at next session on May 11

Do you have a diagnosis from a health care practitioner related to this condition? *Yes No* How long have you had this condition?

Depression, anxiety, and sleep related issues, diagnosed in 2007

How would you rate your stress level (circle or underline)? *Low Moderate High Very high*

Please feel free to describe the current sources of stress in your life.

Primarily resolving the dissolution of a profound relationship. Reconciling maintaining a connection with this person, while they do not consider us friends at the moment, while she is maintaining a relationship with all three of my daughters and dating.

Please describe your practices, means, and coping mechanisms for handling stress, both positive and negative, including allopathic, holistic, and/or integrative approaches.

Meditation (almost daily, to multiple times/day when I can), yoga, distractions (TV, cell phone), occasional stress eating, crying.

Are you able to easily get up and down from the floor? Yes

Do you feel your diet needs improvement? Yes No

Do you currently use tobacco products? *No*

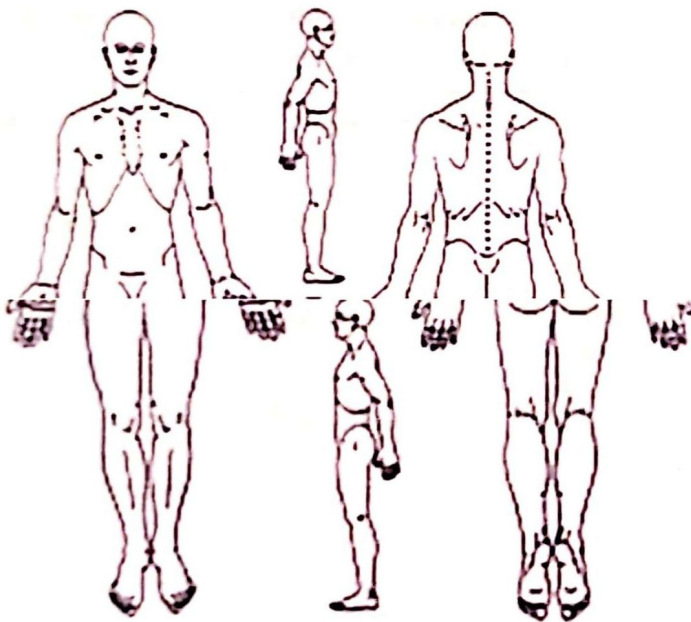
Have you ever used tobacco products? No

Do you inhale smoke in any form (tobacco, incense, marijuana)? No

How would you describe your social support system?

Exceptional Strong Okay Marginal Poor

Do you have physical pain? If yes, please mark the places you experience pain in the images below and feel free to elaborate on them in the space provided below.



Please list any relevant medical history (serious injuries, hospitalizations, or surgeries) and/or major life events, in chronological order.

YEAR	EVENT	TREATMENT / RESPONSE	OUTCOME
1998	Assault	Medical	Head trauma, loss of consciousness
1998	Car accident	Medical, surgery	Nose cartilage broken Staph infection into brain
2005	Marriage		
2007	Informed now in open marriage		Therapy started
2008, January	2 nd daughter born		Therapy stopped
2008, February	Request separation and divorce		
2010	Divorce official		
2011/2012	Engaged/married		
2012/2013	Abuse starts	Started personal therapy again in 2015	Was able to maintain job until 2019.
2017	separation		
2018	Divorce		
2019	Loss of job		

Please circle or underline any of the following conditions or issues that you have experienced:

back pain (low, middle)

disc problems

other spinal/skeletal problems

muscular injuries

leg pain or cramps

circulatory problems

heart conditions

edema (swollen hands or feet)

varicose veins

arthritis (where?)

Other Conditions:

high blood pressure

stroke history

low blood pressure, dizziness
or fainting

fatigue

headaches

allergies

asthma

other respiratory problems

physical abuse

sexual abuse

psychological abuse

stress

anxiety

depression

addiction

insomnia

nausea & indigestion

elimination problems

cancer

diabetes

are you currently pregnant?
due date

Please list any other conditions not listed above that you have been diagnosed with:

Sleep apnea

Please list any prescription or non-prescription drugs you are taking and describe what they are for.

- Lexapro depression/anxiety
- Klonopin anxiety
- Trazadone sleep/anxiety
- Concerta (methylphenidate) ADHD
- Low-Dose Naltrexone (LDN) ADHD/depression/anxiety/sleep
- Prevacid acid reflux
- Numerous supplements, including those monitored by PNP

Energy and Breath: Circle or underline best response. Feel free to elaborate.

What time of day do you have the most energy? Morning *Mid-day* *Evening* *Night* Please share anything you'd like to tell me about your energy level.

Definitely affected by the amount of sleep I get, as well as, how much time I use my CPAP at night

When do you usually sleep (time asleep and time awake)?

- Sleep: ~10PM – 4AM
- Awake: 4AM – 10PM

How would you describe the quality of your sleep? Great Good

When I use CPAP, take Tazadone, and/or yoga/gym that day

If you experience fatigue, please describe its impact, frequency, and what you do to manage it.

Some evenings or weekends, depending on stress/anxiety level, occasionally. Veg out on couch watching TV or cell phone. Just let it pass

Do you have any breathing challenges not mentioned above?

Some limited in right nostril from broken cartilage

How would you describe your quality of breathing? Good

- nose breathing during day
- sleeping I snore/apnea so mixture of nose and mouth breathing

Mental Health

Please list any current mental health diagnoses and treatment:

CONDITION DIAGNOSED	YEAR DIAGNOSED	CURRENT TREATMENT (Prescription, OTC, Behavioral, etc.)	CURRENT STATUS
Depression	2007	Lexapro, Trazadon, therapy	Maintenance, in therapy
Anxiety	2007	Klonopin, Trazadon, therapy	Maintenance, in therapy
ADHD	2010/2012	Concerta, therapy	Maintenance, in therapy
Sleep issues	2007	Trazadon, CPAP	Maintenance, in therapy

Please list any previous mental health diagnoses and treatment:

CONDITION DIAGNOSED	YEAR DIAGNOSED	MEDICATIONS		HOSPITALIZATIONS	THERAPY

Please feel free to explain any details about familial or personal mental health history you think I should know.

What goals do you have related to improving your mental health?

- Develop tools to help with depression, anxiety, stress, and negative thoughts
 - Increase mindfulness
 - Meditation
 - Thoughts vs feelings and how they affect me physically
- Have not dealt with sexual abuse from childhood, or mental then physical abuse in previous marriage
- Process and transition mentally the ending of relationship with Lee
 - Work on establishing and building trust towards friendship (she was and to me still by Best Friend, and that current loss, connection, and support is a weight I feel)
- Increase and understand who I was, why I did what I did. My profound guilt/regret has built a guardrail so that I will not repeat, but do not know why.
- Continue my personal growth journey
 - My journey was exponential from November 2023 – February 2024
 - It plateaued in early March
 - I want to/need to continue the growth for myself, my family, my friendships, and for any future relationship (being a better partner)
- My parents are aging, they are cancer survivors (both in last 5 yrs), and my father is showing initial signs of dementia/alzheimer's

Wisdom and Intellect

What are the major sources of intellectual stimulation and engagement in your life now?

- Learning formal systems engineering on my current work program, about to take online training for a tool as well as Model Based Systems Engineering
- Yogamour yoga classes
- I am reading books on:
 - Communication
 - Relationships
 - emotional intelligence
 - C-PTSD
 - Yoga practice
 - Yoga philosophy
 - ADHD
 - Organization
- Reading published papers on:
 - Relationships
 - Dating
 - Infidelity
- Online course through DailyOM
 - Yoga
 - Relationships
 - Self discovery
 - Mind/Body
- Cooking at home:
 - Facebook
 - Youtube
 - Internet
 - Cookbooks

What are you in the process of learning and/or teaching others?

- Full-time single parent to my 16yo daughter
 - Teaching her to drive
 - Teaching her to take care of herself
 - Cooking together
 - Museums/Zoos/Art/Crafts
- Single parent, every other weekend, to my 11yo daughter, and 18yo daughter
 - Cooking together
 - Museums/Zoos/Art/Crafts

What would you like to learn and/or teach?

- Learn more on:
 - Mindfulness
 - Meditation
 - Forgiveness
 - Listening and hearing
 - Responding (thoughtfully) and not reacting
 - Yoga practice/philosophy
 - Inter-connectedness of the mind and body and how they impact each other

Connection and Meaning/Purpose

Do you have a religious/spiritual orientation?

- I am more spiritual (scientist in me says one, but I also know there are things greater than we can understand)
- I have had exposure to:
 - Zen and Taoism through reading
 - Islam:
 - Religion: through reading and research
 - Sects/extremism through reading, research, education, and counter-terrorism/counter-IED/counter-HME (career)
 - Wicca through reading and a college relationship

What connection is important for your life and health (nature, family, pets, volunteering, etc.)?

- Nature: camping and hiking. I grew-up doing a lot of this with my parents, and through Boy Scouts and Indian Guides. I have not done as much as I would like to since I became a parent. Ex-wives were not into those activities, and Lee and I never got a chance to.
- Family: I have come to realize that family is very important, it has always been, but I did not prioritize their needs above my wants or myself. I know see that, it is one of the reasons Lee decided to end things.
- Pets: My second ex-wife took my dog 1st actual dog in the divorce, and Lee took my 2nd when I moved out and she ended things. My daughter and I have adopted a cat, and I am in the process of setting up an fish tank for my daughter's gold fish that Lee no longer wants to take care of
- Volunteering: I would like to start volunteering again, I was the Scoutmaster for my daughter's troop in Westminster. I have thought about Habitat for Humanity or local soup kitchen / food bank.
- Friends: I have steadily moved further and further away from my good friends over the last 5 years. I am in the process of trying to reconnect with them.

Do you feel connected in meaningful ways?

- My relationship with my daughter oldest (Rose) and my middle (Ruby) has improved and increased over the last year
 - Ruby and I were doing family therapy, along with Lee
- Personal connections no I do not. For the nearly 2 years I was with Lee, she was my best-friend, and I unfortunately reduced or stopped communicating with my friends, because Lee fulfilled everything I needed. I still see her as my best-friend, I know our romantic relationship is over, but she is still very very angry with me, does not trust me, has anxiety and stress when interacting, and does not currently consider us friends, and yet communicates with me on a near daily basis
- I met someone at Yogamour, she introduced herself, and then asked me on a couple walks after class where we talked in early March. Then she had to go out of town and has not been back since. I do not know what this is friendship or other, but I have missed her in class for last 2 months

Do you feel that you know why you are here? (Alive on Earth)

To live, to experience life, to make connections, to love

What, if anything, should I know about your belief system or worldview?

Organized religion sucks. Be good, do good things, put love into the world, be open, have compassion, have empathy, be kind.

Is there anything else you would like to share? How can we best support you?

- Process my thoughts/pain from the dissolution of my romantic relationship with Lee
- Increase mindfulness of myself, and those around me
- Increase focus
- Tools to reduce/process stress/anxiety/depression
- Somatic system/vegas nerve techniques/tools/practices