

Yoga Therapy Health History and Intake Form

1 response

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Contact Information

Today's Date

1 response

Apr 2025

11

Name:

1 response

[REDACTED]

Email:

1 response

[REDACTED]

Phone number:

1 response

[REDACTED]

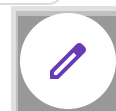
Date of Birth:

1 response

Feb 1958

5

Emergency Contact Information:



Name:

1 response

[REDACTED]

Phone number:

1 response

[REDACTED]

Email

0 responses

No responses yet for this question.

Relationship to you:

1 response

[REDACTED]

Goal(s) and Yoga experience

Describe your primary reason(s) for seeking yoga therapy.

1 response

I want to deepen my meditation and fortify my yoga practice.

What are your goal(s) for our time together?

1 response

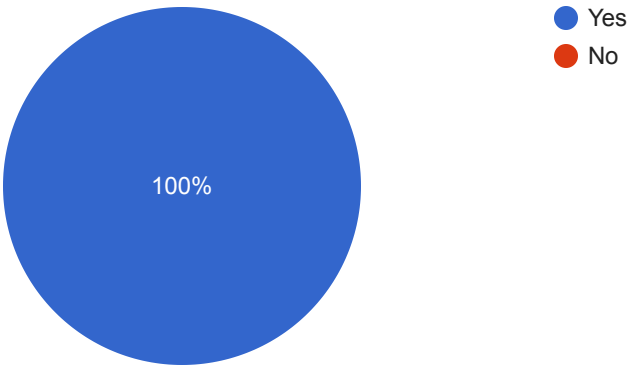
I would like to establish a relationship of trust and safety that will allow me to be open and vulnerable about what it's like to become older.



Are you familiar with yoga?

Copy

1 response



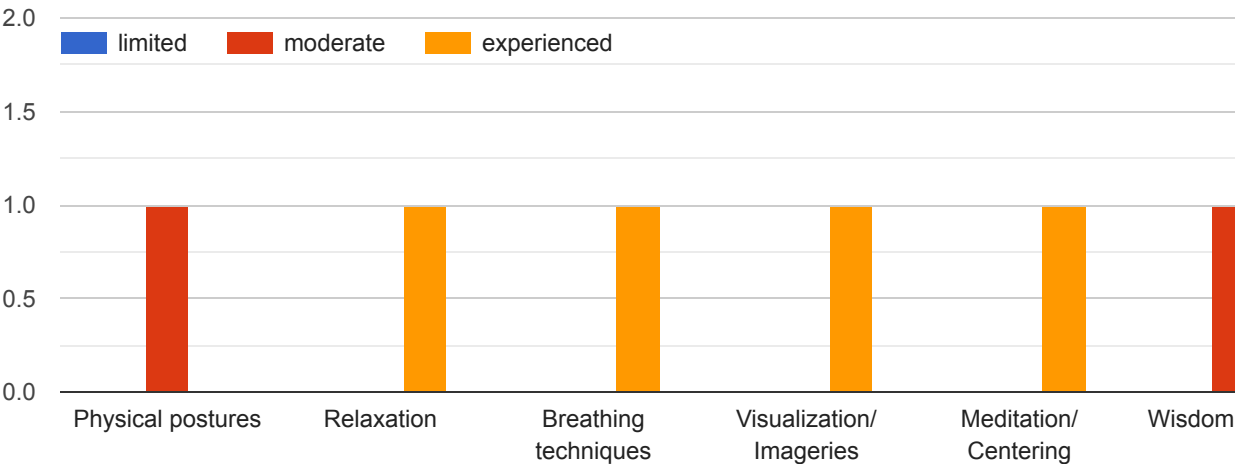
If you answered yes to the above question, please describe your experience with yoga.

1 response

I have practiced yoga off and on for the last 30 years.

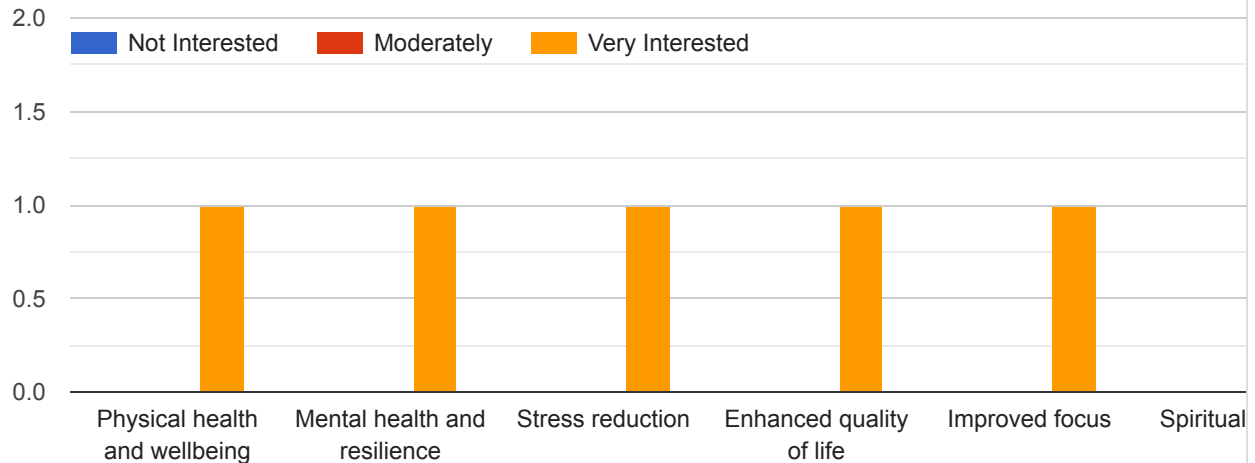
What is your experience with the following yoga practices?

Copy



How interested are you in Yoga practices to support the following goals

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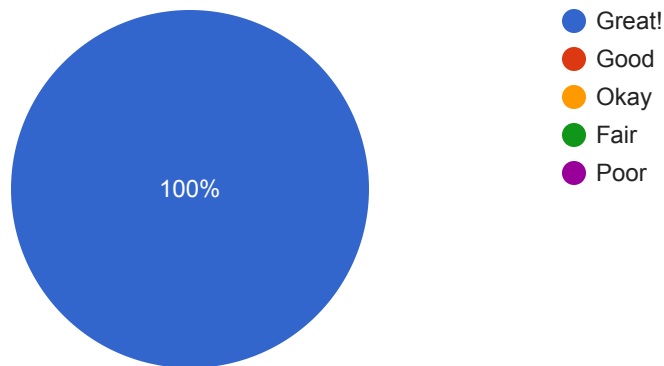


Physical health

How would you describe your general health?

 Copy

1 response



Do you have any specific diagnosed condition(s) from a health care practitioner? If yes, please describe your diagnosed condition(s).

1 response

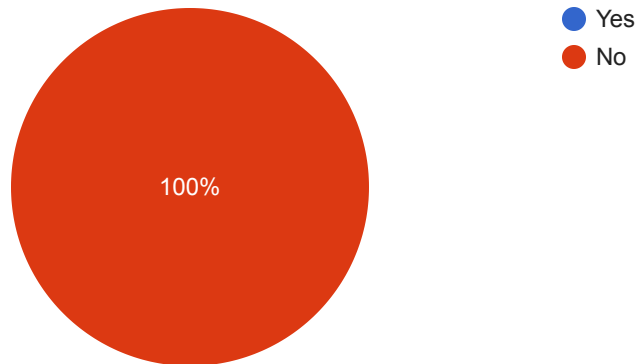
Nothing specifically diagnosed



Are you currently under the care of a doctor or other healthcare provider for the above diagnosed condition?



1 response



How long have you had the above diagnosed condition(s)?

0 responses

No responses yet for this question.

Do you have any limitations due to the diagnosed condition(s)? Please describe.

0 responses

No responses yet for this question.

Do you have any contraindications due to the diagnosed condition(s). Please describe.

0 responses

No responses yet for this question.

What life challenges are you currently facing?

1 response

I have a very full, active stressful life. My husband and I are raising our great grandson. He will be 4 in June. We've had him since he was 3 months old. I own and operate my own massage therapy practice. My husband has had extreme health challenges since 2023 though at this time he is doing better.

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

1 response

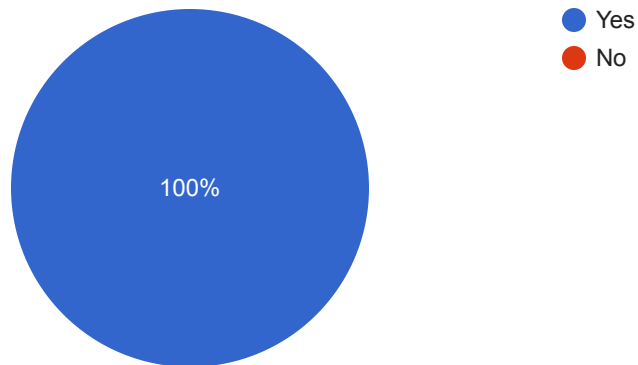
I don't take any medication. I use a variety of supplements for my health and wellbeing.



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



1 response



Do you have physical pain? If yes, please list the places you experience pain and feel free to elaborate on them.

1 response

I sometimes have pain in my right knee.

Do you have a regular exercise program? Please describe:

1 response

I attend yoga classes twice a week and walk outside every chance I get.

How would you describe your diet and digestion?

1 response

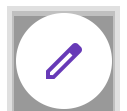
My diet is improving. My digestion is always good.

Energy and Breath

How would you describe your overall energy level? Does it fluctuate or stay consistent?

1 response

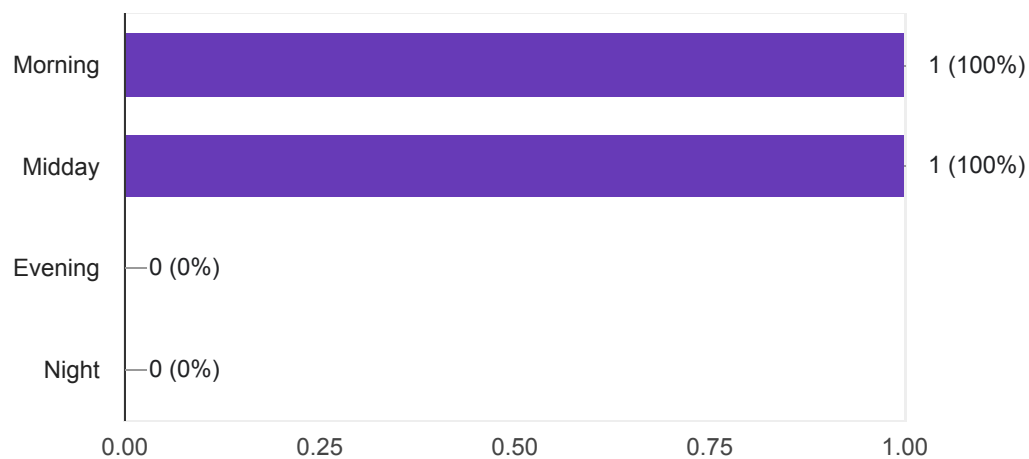
It fluctuates. I'm more tired in the afternoons than I used to be.



What time of day do you have the most energy?

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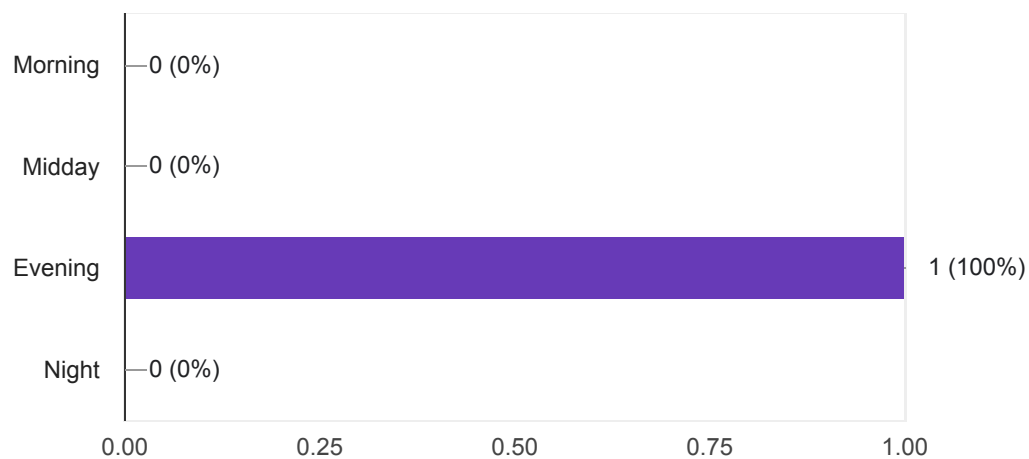
1 response



What time of day do you have the least energy?

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1 response



Describe your rest/sleep patterns?

1 response

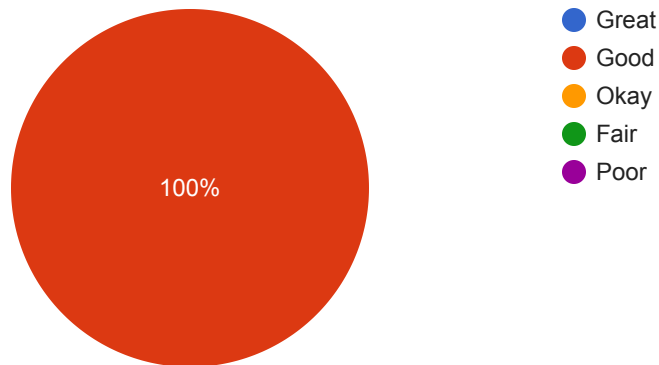
I sleep pretty soundly for 8 to 9 hours every night.



How would you describe the quality of your sleep?



1 response



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

1 response

When I am fatigued it impacts me pretty seriously because I just want to sleep. I probably experience this level of fatigue 2 or 3 times a week. I manage it by napping and I eating.

How would you describe your breathing?

1 response

GREAT! II

Do you have any breathing challenges? If yes, please feel free to describe your breathing challenges.

1 response

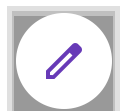
None.

Mental health

Please list any current mental health diagnoses and treatment.

1 response

None at this time



Please explain any relevant mental health history you think I should know.

1 response

In February I emerged from a dark night of the soul. I was in survival mode. My husband became very ill and bedridden. I was as on autopilot most of the time but definitely had moments of anxiety, depression and despair.

If you did not include prescription or non-prescription drugs you are taking for mental health, please list and describe what they are for.

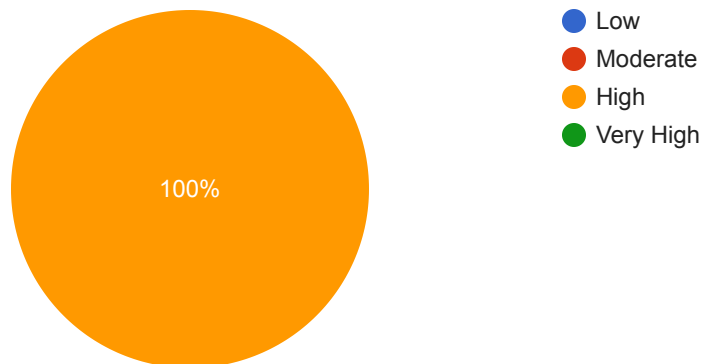
0 responses

No responses yet for this question.

How would you rate your stress level?

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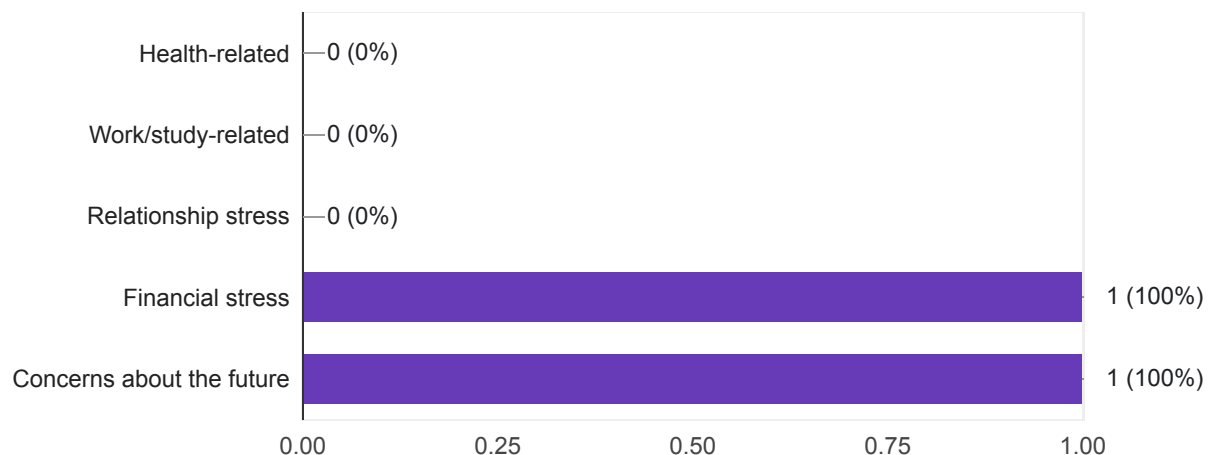
1 response



Please describe the current sources of stress in your life

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1 response



Where do you typically hold tension or discomfort in your body?

1 response

Neck and shoulders

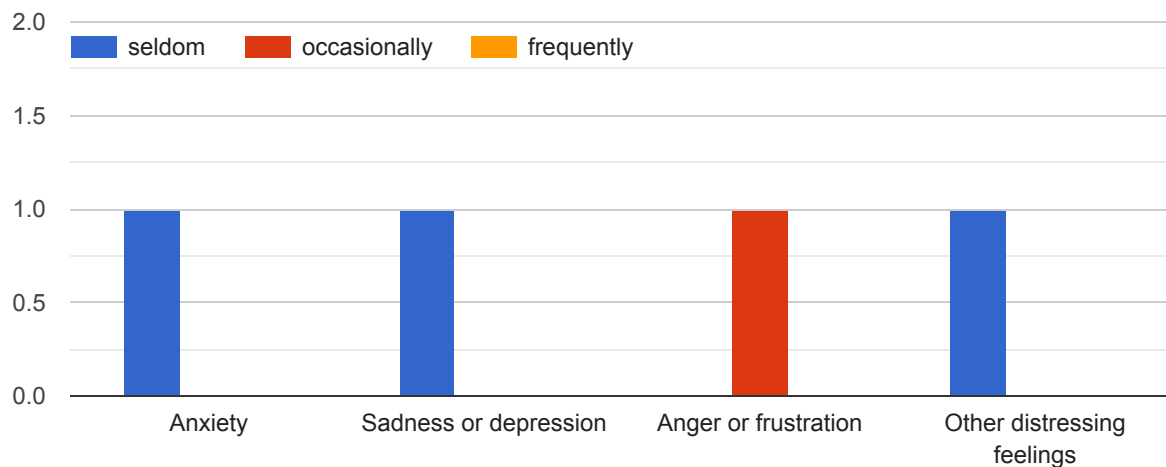
Please describe your practices and coping mechanisms for handling stress.

1 response

Pranayama, walking, prayer and meditation

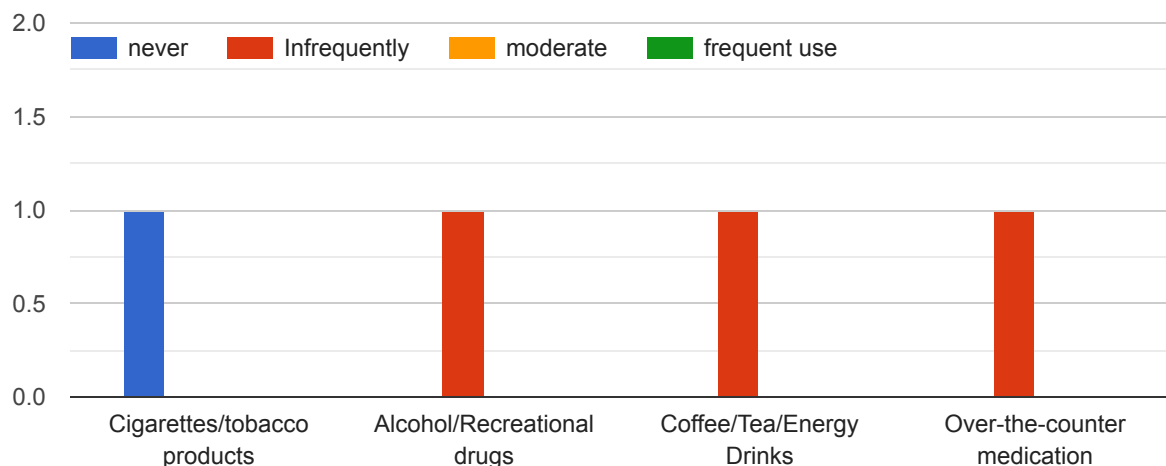
How often do you experience

 Copy

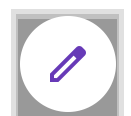


On a scale of 1 to 4 how often do you use the following

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Wisdom and Intellect



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

1 response

Reading and friends

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

1 response

I am learning how to teach yoga (again)

What would you like to learn and/or teach.

1 response

I would like to learn to be a better women's group facilitator

Connection and Meaning/Purpose

Are you active in a faith community or maintain any regular spiritual practices? If yes, please feel free to share your spiritual practices.

1 response

I do a daily reading of the I Ching. I pray and meditate.

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

1 response

Nature, my family and my work are of utmost importance to my health and wellbeing.

Do you feel connected in meaningful way? Please describe.

1 response

Yes, very much so. I am connected to my grandson, Jeremiah as I've never been to anyone else. I'm very connected to my family , my community and my clients.



What aspects of your life give you the most joy and meaning?

1 response

Raising a child at my age has brought me the greatest joy. I believe that's what I was put here to do.

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

1 response

That it's surprisingly eclectic.

What is your social support system?

1 response

I have close friends and belong to a women's healing circle.

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

0 responses

No responses yet for this question.

How much time (each day/week/month) can you devote to your own personal yoga practices?

1 response

I can devote at least an hour daily

When are you available for yoga therapy sessions (days and times)?

1 response

I set my own schedule with my clients so I'm pretty flexible.

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