Integral Yoga® Therapy

Our work will be to identify and support your goals of enhancing your health and well-being through an array of Yoga-based practices. The practices may range from gentle postures, stretching, breathing, meditation, guided relaxation, affirmations, to healthy lifestyle choices. Depending on your interests we may also use visualization, journaling, movement or other techniques to support your self-discovery, transformation and healing process.

In all cases, the work is client-centered and you are a full participant in the journey. By providing the information on this Intake form you will help me to tailor services to 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. All information will be strictly confidential and nothing will be shared with a third party unless mutually agreed upon.

Name [redacted] LDM Date 1/26/25

Address _____

Phone number _____ Email _____

Profession _____

Pronoun(s) _____Weight _____Height _____

Date of Birth _____ Age_____

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 ample 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:

Please mark the answer most related to your response.

Are you familiar with Yoga? *Yes No* If so, what is your experience?

Yes. Very minimal experience - maybe 2 or 3 classes

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

Yes, but only a couple days a week.

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

Very good. I have ongoing issues with my lower back and have had multiple surgeries for ruptured disks.

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

Flexibility/mobility. I am generally not very flexible (physically). :-)

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

I am under the care of a PCP and I regularly see a physical therapist..

Do they know you are seeking support through Integral Yoga Therapy?

No

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

Dx degenerative disc disease - 16 years

How would you rate your stress level (circle one)? *Low Moderate High Very high* Please feel free to describe the current sources of stress in your life.

Moderate to high. My stress is mostly work-related.

Please describe your practices, means, and coping mechanisms for handling stress (including allopathic and integrative approaches).

In the past, I have used meditation to manage stress, but I am out of that practice now.

Are you able to easily get up and down from the floor? *Yes No* Do you feel your diet needs

Yes

improvement? *Yes No* Do you currently use tobacco products? *Yes No* Have you ever used

Diet -I am always working to improve my diet

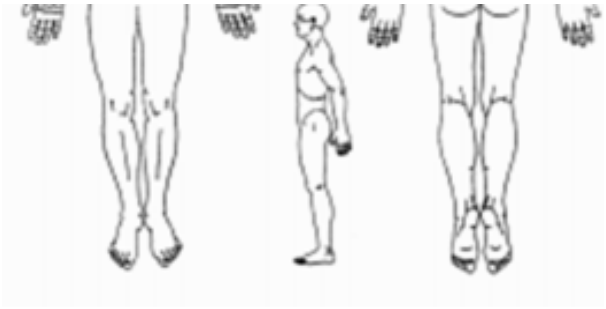
tobacco products? *Yes No* Do you inhale smoke in any form (tobacco, incense, marijuana)? *Yes*

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 image to the right and feel free to elaborate on them.



Please list any relevant medical history (major injuries, hospitalizations, or surgeries)

YEAR	EVENT	TREATMENT	OUTCOME

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

back pain (low, middle or upper back)

disc problems

other spinal/skeletal problems muscular injuries

leg pain or cramps

circulatory problems

heart conditions

disc problems, lower back. Some arthritis in my left shoulder.

edema (swollen hands or feet) varicose veins

arthritis (where?)

_____

fatigue

headaches

allergies

asthma

other respiratory problems

physical abuse

sexual abuse

psychological abuse

stress

anxiety

depression

insomnia

nausea & indigestion

elimination problems

cancer

diabetes

are you currently pregnant? due date

_____

Other Conditions:

high blood pressure

stroke history

low blood pressure, dizziness or fainting

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

Prempro for menopause symptoms - joint pain.
Crestor for high cholesterol.

Energy and Breath

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

Afternoon.

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

11 PM to 7 AM

How would you describe the quality of your sleep? *Great Good Okay Fair Poor* If you experience fatigue,

Some good days and some fair days.

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

Do you have any breathing challenges not mentioned above?

How would you describe your breathing?

Mental Health

Please list any current mental health diagnoses and treatment.

CONDITION DIAGNOSED	YEAR DIAGNOSED	CURRENT TREATMENT (Prescription, OTC, Behavioral, etc.)	CURRENT STATUS

Please list any previous mental health diagnoses and treatment.

CONDITION DIAGNOSED	YEAR DIAGNOSED	MEDICATIONS	HOSPITALIZATONS	THERAPY

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

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

Wisdom and Intellect

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

Many - work is a large source of intellectual stimulation, but also a variety of volunteer activities.

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

I'm an academic researcher, so I am always in the process of learning and teaching.

What would you like to learn and/or teach?

Connection and Meaning/Purpose

Do you have a religious/spiritual orientation?

I identify as agnostic, but lean strongly toward atheism. I was raised Catholic.

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

Nature, pets, volunteering, relationship.

you feel connected in meaningful ways?

Yes

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

That's a bit one! I'm getting closer to an understanding of this as I get older.

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

I connect most with Buddhist teachings.

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