

Yoga Therapy Health History and Intake Form

1 response

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Contact Information

Today's Date

1 response

Oct 2025

30

Name:

1 response

[REDACTED]

Email:

1 response

[REDACTED]

Phone number:

1 response

[REDACTED]

Date of Birth:

1 response

Oct 1972

18

Emergency Contact Information:



Name:

1 response

[REDACTED]

Phone number:

1 response

[REDACTED]

Email

1 response

[REDACTED]

Relationship to you:

1 response

[REDACTED]

Goal(s) and Yoga experience

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

1 response

Continue to improve my life and yoga teaching skills.

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

1 response

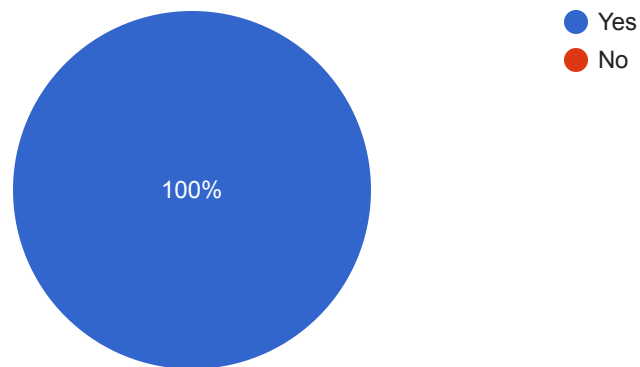
Methods to ease pain, find peace, and respond better to stressful situations in my life.



Are you familiar with yoga?

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1 response

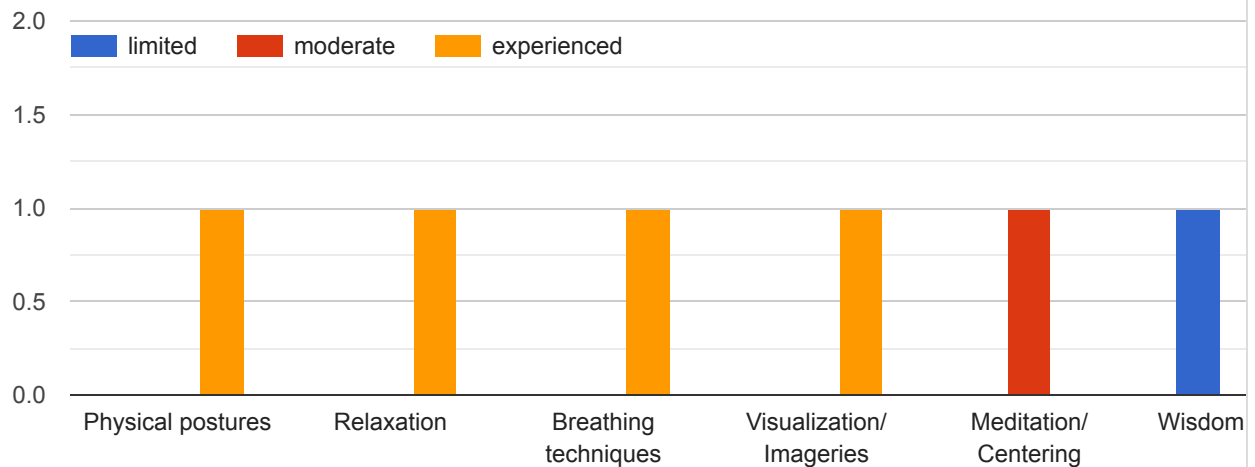


If you answered yes to the above question, please describe your experience with yoga.

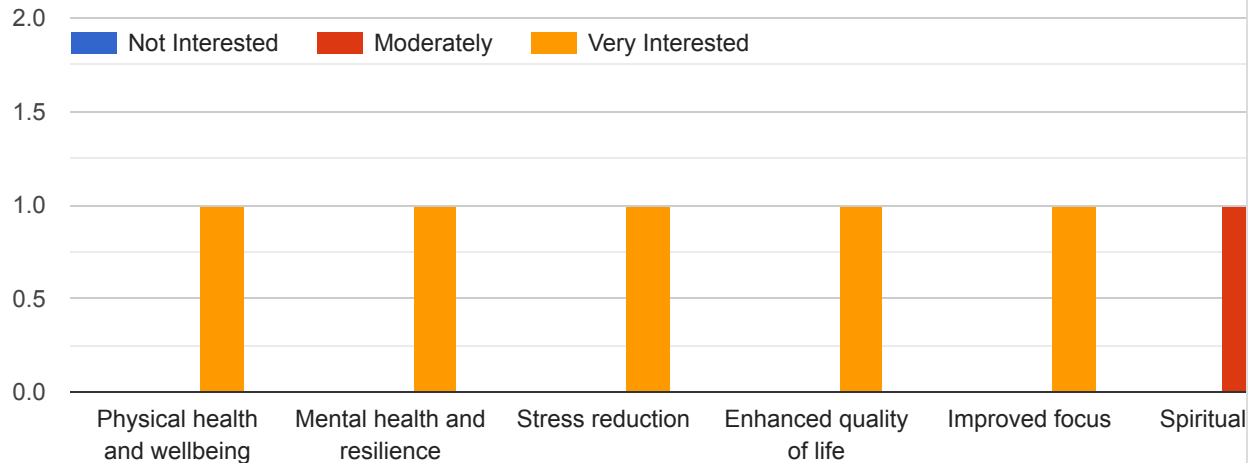
1 response

I am a yoga teacher for approximately 10 years, and a yoga practitioner for approximately 20 years, but still consider myself a beginner.

What is your experience with the following yoga practices?

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

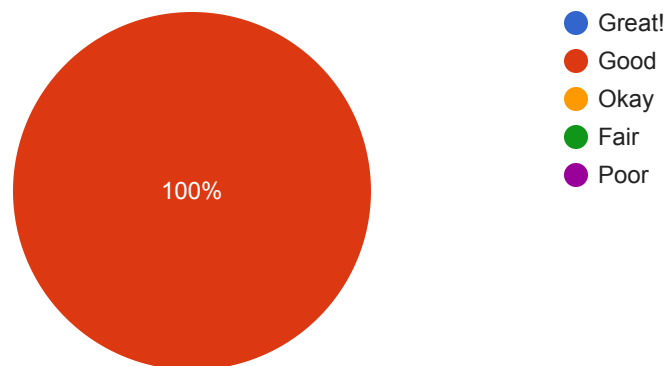


Physical health

How would you describe your general health?



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

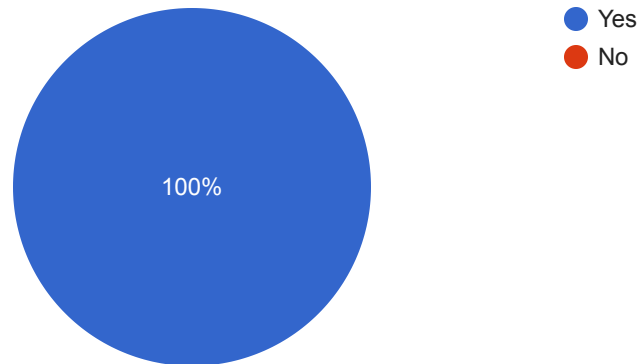
Numerous musculoskeletal issues, including arthritis and pain in my back, neck, quadricep, fingers and occasionally in my feet and ankles. I also wake up with a headache most days.



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)?

1 response

Several years depending on the ailment.

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

1 response

Yes, I have had to stop practicing yoga and pilates due to a back ablation. I am finally getting back to physical therapy and light yoga sessions.

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

1 response

No.

What life challenges are you currently facing?

1 response

Rebuilding a house so it is financially taxing as well as emotionally draining. My propoerty in Harrison has a number of problems. My business takes a toll on me. My mother and I argue often. My employee at the business is a wonderful person but also drains me. My partner at my business drains me.



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

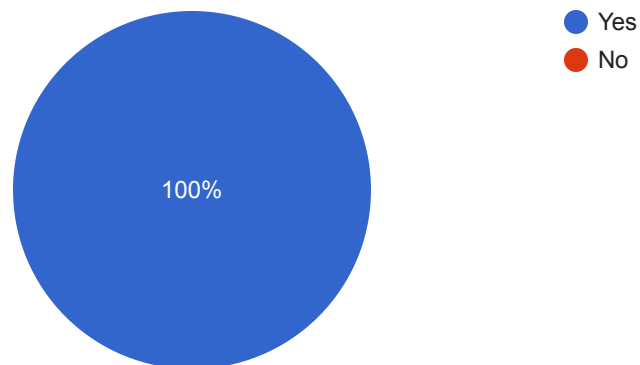
1 response

Crestor for high cholesterol; marijuana, ZQuil as needed. Advil as needed.

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

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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

back, neck, fingers, occasionally knee and feet.

Do you have a regular exercise program? Please describe:

1 response

Yoga, pilates, walking dog.

How would you describe your diet and digestion?

1 response

Diet could be improved as we eat a lot of take out. Digestion is fine.

Energy and Breath



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

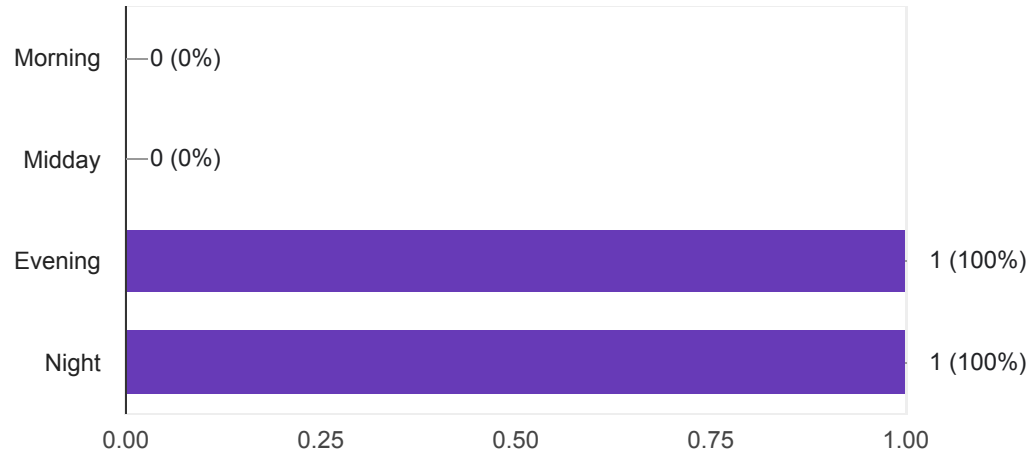
1 response

As I am in menopause, energy levels can be extremely low on certain days.

What time of day do you have the most energy?

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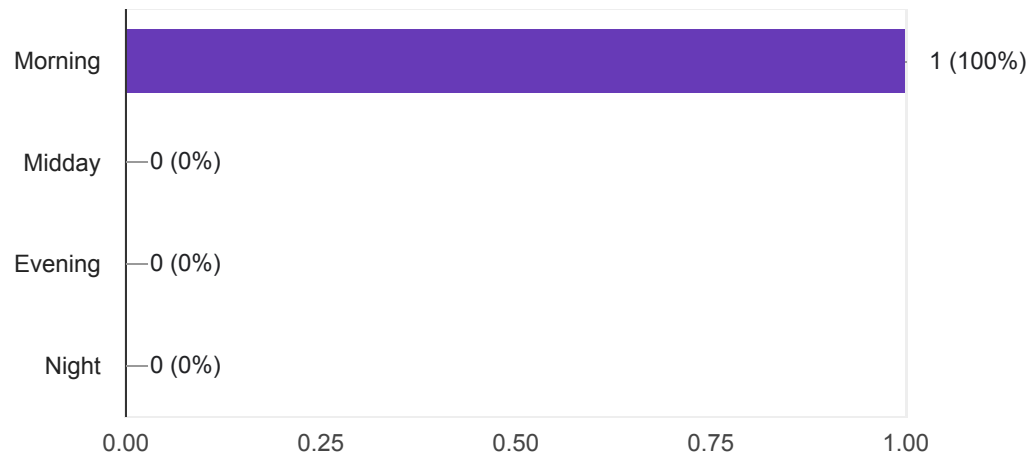
1 response



What time of day do you have the least energy?

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1 response



Describe your rest/sleep patterns?

1 response

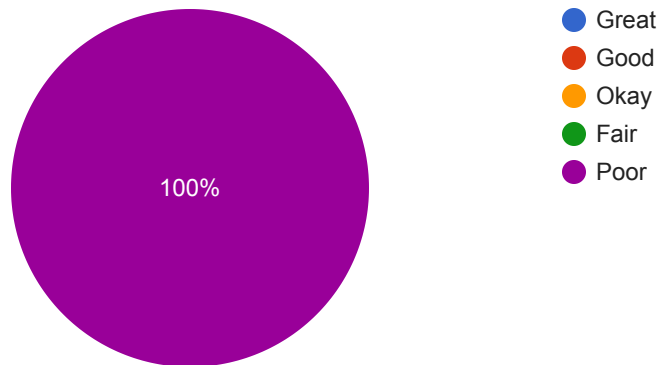
Get up and don't stop all day. Depending if I have to be in work, I usually get up between 8-9 am and go to bed at 1 am. If I have to go to work my day job, I TRY to go to bed earlier and get up at 6/6:30am and still go to bed 12-1 am.



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

If general fatigue, I try to eat or drink something. If extreme, I drink a Red Bull. something

How would you describe your breathing?

1 response

OK. Not great, not horrible.

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

1 response

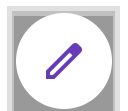
No/

Mental health

Please list any current mental health diagnoses and treatment.

1 response

None.



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

1 response

None.

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

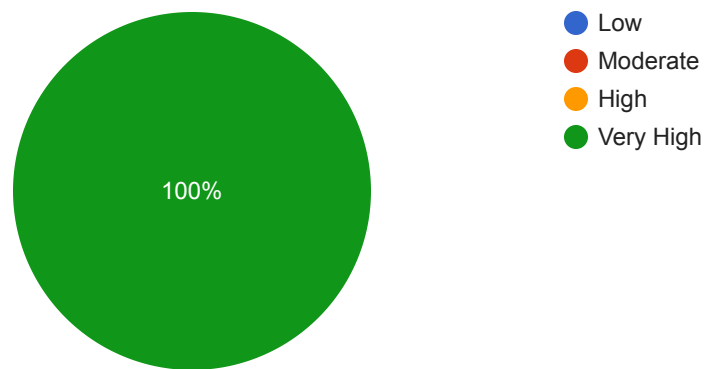
1 response

N/A

How would you rate your stress level?

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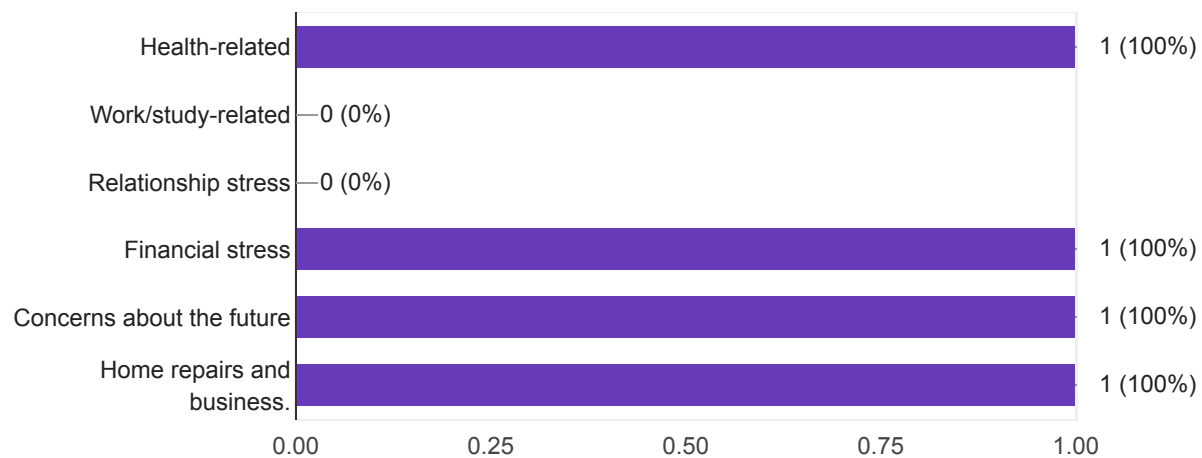
1 response



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

Head and upper back, neck.

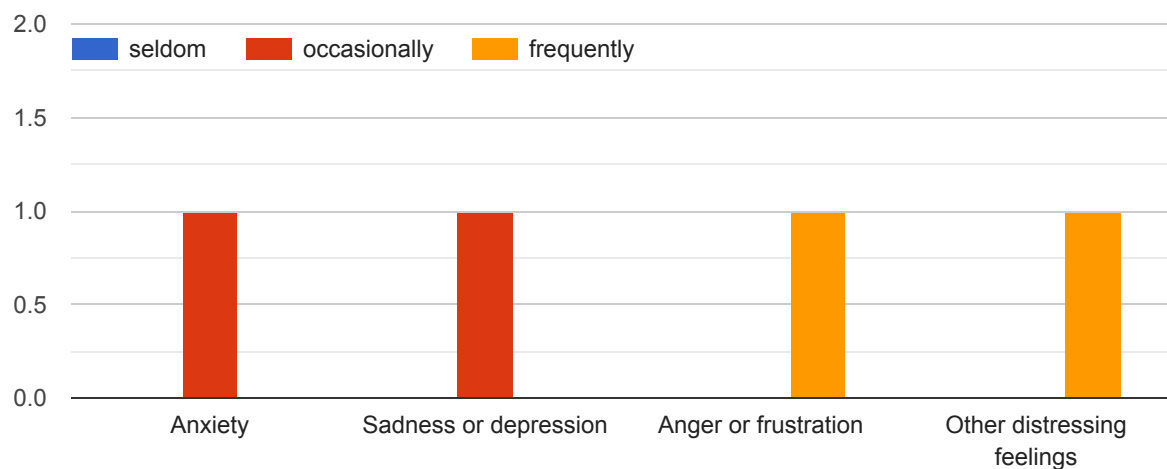
Please describe your practices and coping mechanisms for handling stress.

1 response

Take yoga, pilates. Drink wine, smoke marijuana.

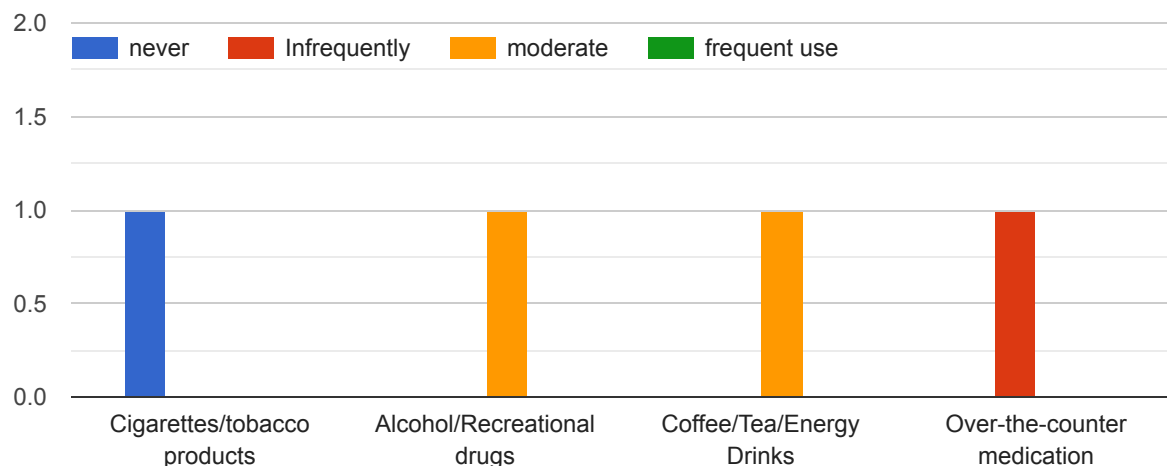
How often do you experience

 Copy

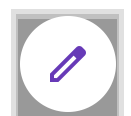


On a scale of 1 to 4 how often do you use the following

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Wisdom and Intellect



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

1 response

Internet, television, radio.

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

1 response

I feel like I am at a standstill right now for myself, but teaching others how to better communicate, manage time, and check their work.

What would you like to learn and/or teach.

1 response

How to learn how to tell people how I really feel in a nice way. I would also like to learn how to better manage my stress. I would like to learn and teach others how to handle situations better.

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 practicees.

1 response

I am an athiest that is a yogi. I have faith in the world but don't practice anything spiritually.

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

1 response

I LOVE MY DOG! She is my mother's dog, and now my dog. She is challenging, but her unconditional love is something I never felt before. She is an old dog, so I know my time is limited with her, so I cherish every day!



Do you feel connected in meaningful way? Please describe.

1 response

Yes, I am her primary caregiver. I am also very dedicated to my family. My brother had twins unexpectedly, so we all sold our homes and moved in together. My mother and the dog were with me since the pandemic.

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

1 response

Family, friends, yoga clients, the dog!

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

1 response

The world is going through very difficult times, especially in the political sense. Lots of divisiveness and cruelty (especially online).

What is your social support system?

1 response

Family, friends, yoga practice, and the dog! I also have a boyfriend (who is far-ish away and going through cancer himself).

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

1 response

I am beyond busy and it is overwhelming at times.

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

1 response

Not enough. :(2 times a week.



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

1 response

Evenings and weekends.

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