

Group Yoga Therapy Intake form

7 responses

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Contact Information

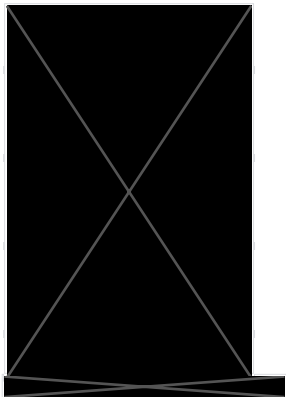
Today's Date:

5 responses

Oct 25	28		
Oct 2025	28	29	30
Nov 2025	3		

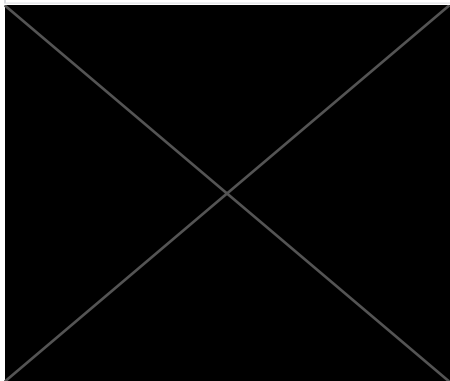
Name:

5 responses



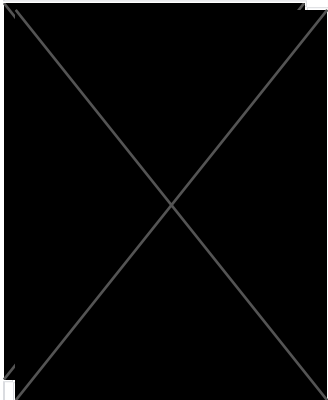
Email:

5 responses



Phone:

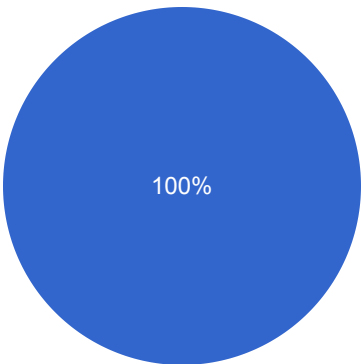
5 responses



Permission to leave a message:

 Copy

5 responses



- Yes
- No

Date of Birth:

5 responses

Sep 1930	7
Mar 1936	8
Nov 1940	9
Sep 1945	4
Jan 1947	14



Height:

5 responses

5'2"

5ft. 5in

5'2"

5'2

4'10"

Weight:

5 responses

130 lbs

117

157 lbs

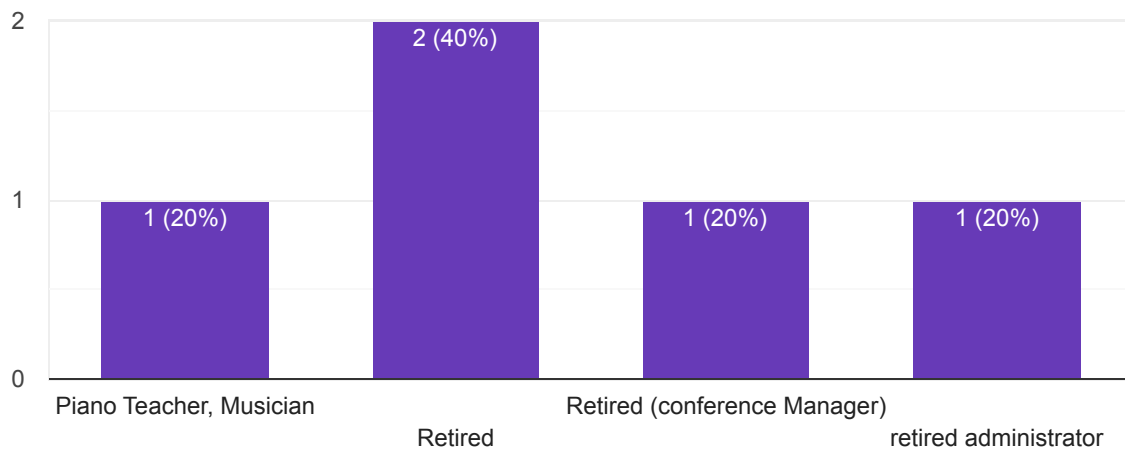
126

105

Profession:

 Copy

5 responses



Preferred Pronoun:

4 responses

she/her

1

none

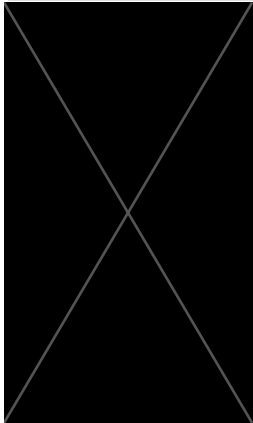
Ms

She, Her

Emergency Contact Information:

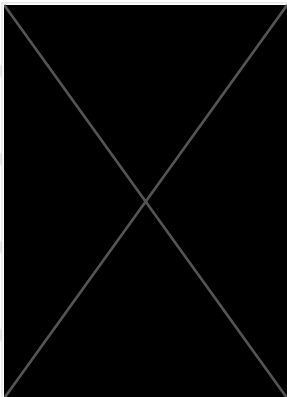
Name

5 responses



Phone:

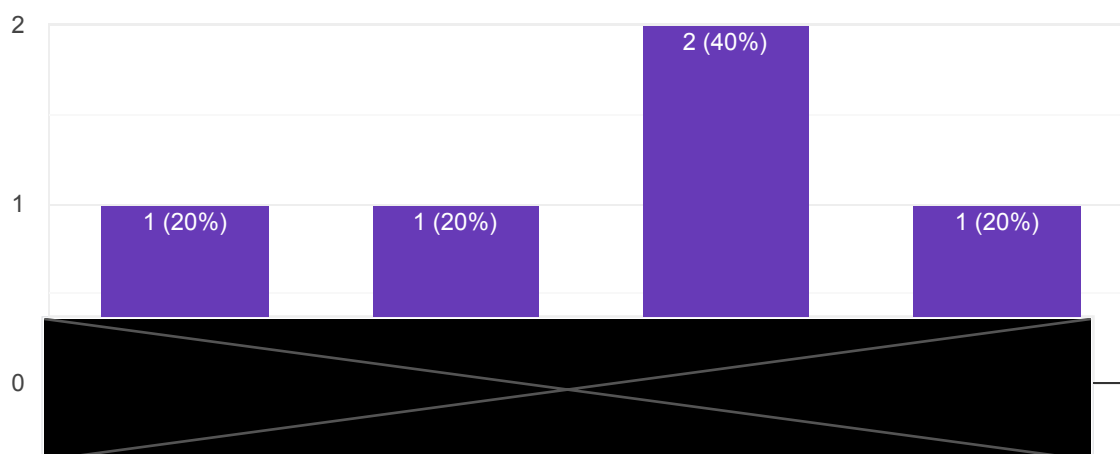
5 responses



Relationship to you:



5 responses



Goals and Yoga Experience

What is your experience with yoga?

5 responses

various yoga classes over a period of 20+ years, a bit of chair yoga as well.

I have done yoga for the last 28 years. Including a month in India.

I took yoga from about 1996- 2016 Mostly with [REDACTED] but with other teachers also. (These dates are so-so)

Taken yoga for about 15 years, but not in the last two. Experience was always positive.

10 plus years with [REDACTED]



What are you seeking through yoga therapy?

5 responses

muscle stretching and increased joint mobility

I need help with my right knee.

I am hoping to get back into a gentle yoga class here at Riderwood or it could be on zoom.

Improve balance, keep myself moving.

Gentle exercise

What do you hope to gain from this group?

5 responses

stretching and moderate joint work

I am not sure.

More of a feeling of being in charge of my mind and body.

Hope to feel better and enjoy yoga.

Peace and Joy

Health Information:



What medical treatments have you received, are currently receiving, or anticipate receiving (including medications)?

5 responses

Have received steroid medication and physical therapy for arthritis of the spine. Currently on over-the-counter anti-inflammatory and I take several exercise classes over Zoom.

A-fib

I have had a persistent nagging cough for over 2 months. Taken otc meds and nothing has worked. Been to dr and my chest seems clear and my xray is fine. She put me on a round of antibiotics which I am on my 3rd day. I had the same sort of cold last year at this time. It seemed to respond to a similar treatment. I have a slightly high red blood count so I am going to have an appt. with a dr on Wed.

I have had PT for walking and balance issues on and off for about 5 years. See doctors regularly. Am taking Prolia injections twice yearly. Other medications: Atorvastatin, Amlodipine, Levothyroxine, Lisinopril, Bupropion, full strength Aspirin, Calcium, Vit D3, Zyrtec, Melatonin, Magnesium.

Medications for Parkinson's Disease, Depression; Hernia (no surgery planned), Thyroid medication, Calcium for osteoporosis

How would you describe your current level of physical activity?

5 responses

Moderately active

I am very active for my age.

I go about participating in my Performing Arts Counsel, playing bridge twice a week, celebrating my birthday about 5 times with different friends, I walk a lot - about a mile or so everyday. I was a regular participant at my nearby gym here on campus, but haven't done that much since I had my cold.

Currently not doing PT and not keeping up with exercises at home. Need motivation.

Gardening is my most consistent



Do you have any limitations or concerns that would make participation difficult?

5 responses

Arthritic joints, especially lower spine

no

I want to stay independent and active.

Balance could be issue but I do Tai Chi (but keep foot on ground)

The hernia may or may not be a problem

How easily are you able to get up and down from/to the ground?

5 responses

fairly easily, given time

I get up from down dog.

I don't know how well I can get off floor because I haven't tried it in a long time

Getting harder all the time, but can still do it.

Not too easily. Stiffness in the knees

Do you have any issues with breathing? Please elaborate:

5 responses

No

No issues

no

I am more short of breath than I used to be but still do deep breathing even with my cold



What are your sources of support? What connections are important for you?

4 responses

My husband, and 3-4 close friends

People and connections are my main thing. I have wonderful friends, not just many old ones but lots of new ones and 3 of my four children, my 3 grandkids live in MD

Have support of daughter and family. Have number of good friends and helpful neighbors.

My family and my garden

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