

Lil Harris Yoga Therapy New Client Intake Form

Thank you for taking time to share a little of who you are with me. What you include in this form allows me to better prepare for our meeting and tailor services to meet your needs. What you choose to disclose is up to you. If any question feels overwhelming, skip it and add it to our conversation when we meet. I suggest allowing 15-30 minutes to complete.

Our work will be to identify and support your goals of enhancing your health and well-being through 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.

Our work is client-centered, meaning you are a full participant in the journey. 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.

All information will be strictly confidential. Nothing will be shared with a third party without your consent and mutual agreement.

Name: Sharéa Harris

Address: 9201 Patterson Avenue Apt 4 Henrico, VA 23229

Email: shareaharris@me.com; lionandphoenix87@gmail.com

Phone: 2566835766 **Permission to leave a message:** Yes

DOB: 11/21/1986 **Height:** 5'1 3/4 **Weight:** 227

Profession: Writer / Web Content Developer **Preferred Pronouns:** She/Her/They

Emergency Contact, Relationship & #: Kamau Rotan, Partner 4438047672

What are your current reasons for seeking yoga therapy? Do you have a goal for our time together?

Yes! I've restarted a practice of movement. I'm motivated to move because I am assisting my body in reurning from a state disease and pre-diabetes. I have several chronic illnesses that have made movement challenging, however Yoga has been a useful practice that I keep returning to. I've never had one-on-one instruction, so this is fantatic.

Goals:

1. Support my current efforts to move away from high cholestorol, blood pressure, and prediabetes.
2. Increase strength and flexibility.
3. Restart and deepen my yoga practice

What is your previous experience, if any, with yoga?

After a car accident in undergrad, I was had serious back issues. I developed a ridge of scar tissue that cause spasms and decreased movement. When you add scoliosis to the mix, I had /have many back issues. It was recommended that I start yoga as a therapy to support the muscles in my back. I took to it and loved it, but it was a practice in my home with videos and books. Since then, I've come back to yoga and tai chi many times. I've always loved stretching and intentional movement.

What are your current and previous health conditions? (Please include medical diagnoses, surgeries, injuries, etc. and approximate dates.) Feel free to elaborate.

YEAR	EVENT	TREATMENT	OUTCOME
Asthma		Medication + Lifestyle	Change
Scoliosis		Lifestyle Change	
Pituitary Disorder		Monitoring	
PCOS		Medication +Lifestyle	Change
Chronic Migraine		Medication + Lifestyle	Change
High Blood Pressure		Lifestyle Change	
Elevated Cholesterol		Medication +Lifestyle	Change
ADHD		Medication	
Anxiety & Depression		Medication	
Fibroids / Endometriosis		Surgery	
Sleep Apnea		Device	

PreDiabetic

Medication + Lifestyle Change

Who else are you currently seeing for your concerns or general health?

Ronica Williams PCP, Nurse Practitioner

Have you ever used tobacco or marijuana products?

✓Yes

No

When? How long? Are you currently using them?

I've been using marijuana to support a few of my chronic conditions for over a decade. I currently have a medicalmarijuana card and a script that recommends anti-inflammatory and CBD high strains. I will sometimes smoke, but often use edibles.

What is your history with alcohol consumption? (How often? How much?)

I didn't start drinking alcohol until I was in my mid-twenties. I don't drink often. I'm a social drinker at best. Less than one drink a week.

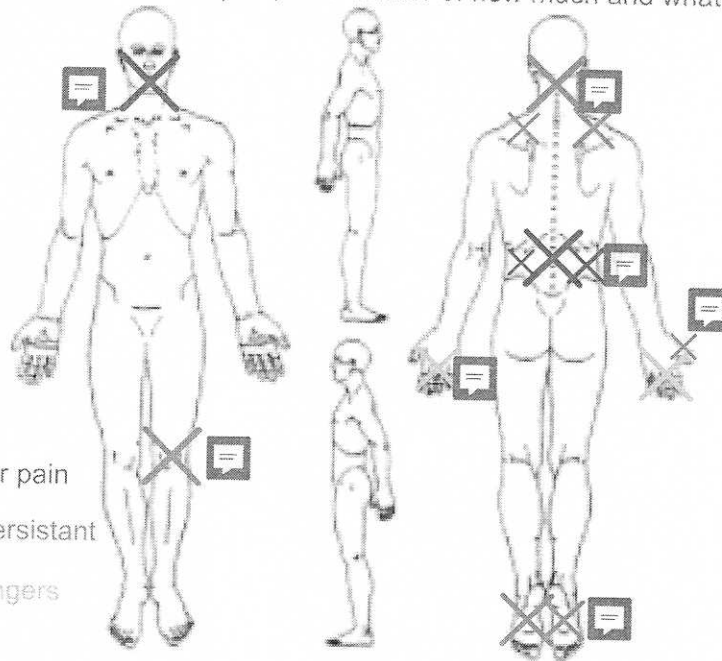
Do you inhale smoke in any form (including incense)?

☒ Yes

☐ No

What are the areas of discomfort in your body? (Mark where they are located, and degree of discomfort: mild, moderate, severe). Feel free to elaborate.

for me it's not a matter of if I'm in pain, it's a matter of how much and what kind



severe: constant discomfort or pain

moderate: felt after work and persistent

mild: felt after work and lingers

Where do you hold tension in your body?

I am actually just able to recognize this in my body, so this might change. My hips, jaw, and perhaps lower back and shoulders.

What relieves your pain? What increases it? (Consider the movements, activities and ranges of motion that affect you.)

Hip opening exercises hurt in a good way, but then I recognize later that the muscles are a little sore. Stretching and bending feel good. When my body is relaxed and I'm high that's immediately what my body wants to do, stretch and flex itself. So, yoga has always been a great fit. Repetitive motion and carrying things creates pain in my back and joints. Typing is difficult without the right equipment in place to support my hands, wrists and body.

What are your current and previous mental health conditions?

CONDITION DIAGNOSED	YEAR DIAGNOSED	CURRENT TREATMENT (Prescription, Hospitalization, Therapy, etc.)	CURRENT STATUS
ADHD	2019	THC	Active
Anxiety & Depression	2019	Setraline 150 mg	Active
Chronic Migraine	2016	THC CBD	Active
Sleep Apnea	2020	Device	Active

Please list any prescription and/or non-prescription drugs and supplements you are taking, as well as what they are for:

Red Rice Yeast	Elevated Cholesterol
PreNatal Vitamin	Loads of necessary vitamins and fish oils
MudWtr / EDD	Functional mushroom drink for focus and general wellness
Zyxal HCL 10mg	Seasonal Allergies
Flonase	Nasal Polyps
Sertraline	Anxiety & Depression
Seamoss	Everything (restarting soon)

How would you describe your diet? What about it works well for you? What do you feel needs to change?

Right now, I'm focusing on a high protein, moderate carb diet. I am focusing on complex carbs high veggie and proteins (fish, chicken, turkey, elk, bison, lamb). I'm working on eliminating fast food and fried food from my diet and I'm working for a healthier lifestyle. I want to include more mushrooms and non-soy proteins. I want to successfully eliminate dairy. I've been vegan, vegetarian, and keto for various parts of my life. I'm making one that works for me.

Describe your overall energy. Does it fluctuate or stay consistent? When are you most energized? When are you depleted?

I fluctuate. I have ADHD, anxiety, depression, and chronic migraines. I am generally functional with some combination of functional mushrooms (MudWtr and/or Everyday DOSE), caffeine and THC. These will often provide me with the energy I need to work through the day. I take daytime naps.

After a few hours of doing the same thing (working at the computer) it can be really exhausting. If I talk with folks too much (a two hour meeting), I'm wiped out. I present as an extrovert, but I need my alone time. I also am doing a lot of masking and othering, so I'm wiped out.

I recharge with time outside. I love hiking and being in nature. Contact with friends. Play.

How would you describe your current level of stress: low, moderate, high? What increases your stress? What reduces it?

Right now, I'm at a low to moderate.

There are some personal things that're happening that make me a little tense and more stressed. However, I can generally remind myself that it's gonna turn out fine and that'll bring me back to a place of centering peace.

How would you describe your breathing? Do you have any breathing challenges?

While I have asthma, I learned some hatha breathing techniques in undergrad that have really benefited me. Honestly, I think it's saved my life. I take intentional deep full long breaths. I've noticed that my breath is deeper and longer than some folks around me.

What life challenges are you currently facing?

Pre-diabetes

hormonal weight gain

fibroids

high blood pressure

various challenges around restarting a business and working in a creative practice

What in your life brings you joy?

supporting and helping my friends

writing and creating art

problem solving and brainstorming

identifying opportunities and connections

becoming strong and increasing my experiences

If you could change one thing in/about your life, what would it be?

I would have access to funds and financial stability that would allow me to support myself and those closest to me.

In %, how much of your day is spent doing the following activities:

Sitting 40 % Standing 10 % Driving 0 %

Lifting 0 % Desk Work 40 % Lying Down 10 %

Average hours of sleep/night: 6 Usual bedtime: 10:30-12:00

Wake up time: 5:30-6:00 AM Do you usually wake refreshed? nah.

How easily do you fall asleep? I kinda just pass out.

How easily do you wake up? I think my cat would say not easily. She's got to go through a few rounds of knocking things off my bedside table and batting the blinds and meowing at the top of her lungs. 5

What challenges do you have with your sleep quality or routine?

Insomnia is a big deal for me. I mean, sometimes, I just roll go to bed. Other times, I linger awake for awhile on my phone. It's becoming easier to sleep as my body is more active.

Do you have a regular exercise routine? Feel free to elaborate.

Yep! So, I've just solidified this schedule:

Sunday: Power + 1 mile walk / swim or Centergy + Fight

Tuesday: H2O Sculpt + 1 mile laps + Centergy

Wednesday: Active + Meditation Class

Describe your social support system (family, friends, etc.) What social activities do you enjoy?

I've got a group of family and friends that are supportive to my needs. We have built a community where I feel valued, loved, and appreciated.

What connections are important for your life and health? (examples: nature, pets, volunteering, etc.)

Nature / hiking / being outdoors
Showing up in the lives of those I love
Creative Practice
Relationships

**Are you active in a faith community or maintain any regular spiritual practices?
How would you like to incorporate your faith into the work we do together?**

I am agnostic. So, it'd be nice for that to be honored.

What gives you your greatest sense of purpose and meaning in your life?

Right now, that's building community, enhancing my relationships and focusing on my creative practice.

I've asked you a lot of questions. What else do you want me to know about you?
Use this space to share with me anything else you feel is important:

Instructions for our first session and next steps:

Thank you for giving thoughtful consideration as you complete this New Client Intake Form. You will have ample opportunity to address any concerns that require more detail during your appointment.

- *Bring this completed intake with you, or email to: lil.harris.yoga@gmail.com.*
- *Wear comfortable clothing and bring your yoga mat and water.*