



Intake Assessment

Name:

Have you practiced yoga before? What style? Where?

What did you love about your practice? Your previous studio?

What made you decide that now was the time to start practicing yoga? Do you have specific goals in mind?

If you've practiced yoga before, what usually gets in your way when you start a yoga practice and then stop?

What can WE do to help you overcome those blocks and keep you practicing so you can reach those goals?

How would your life change if you accomplished your goals by practicing yoga more regularly?

Is there anything else you'd like us to know before you come in? Something that would help us, help you more effectively?
