

3. Do you have any allergies? If yes, please list. Include any sensitivity to essential oils.

4. Have you experienced or witnessed a past traumatic event that continues to impact your well-being? If yes, please describe history, severity, and/or limitations.

5. Do you have any condition that can cause dizziness? If yes, please describe history, severity, and/or limitations.

6. Do you have back pain? If yes, please describe history, severity, and/or limitations.

7. Do you have knee pain? If yes, please describe history, severity, and/or limitations.

8. Do you have shoulder pain? If yes, please describe history, severity, and/or limitations.

9. Do you have previous injuries that affect your activities? If yes, please describe.

10. Do you have previous surgeries? If yes, please describe.

11. Do you have a history of high blood pressure or blood clots? If yes, please describe.

12. Do you have asthma, COPD, or emphysema? If yes, please describe.

13. Do you have diabetes? If yes, please describe.

14. Do you have a heart condition, e.g., angina, high or low blood pressure, heart attacks, TIA or stroke? If yes, please describe.

15. Do you have any difficulty sleeping? If so, please describe.

16. Have you been diagnosed with any mental health conditions? If yes, please list conditions and indicate whether or not you are in treatment with a therapist and/or psychiatrist.

17. Do you have any other health conditions not listed? If yes, please describe.

18. Please add any additional valuable information:

19. Are you exercising or playing sports now? If yes, how many hours per week and what activities?

20. Are you pregnant? Yes No N/A. If yes, when are you due?

21. On a scale of 0-10, how would you rate your level of pain over the past month, if any?

0 1 2 3 4 5 6 7 8 9 10

22. On a scale of 1-10, how would you rate your level of stress over the past month, if any?

0 1 2 3 4 5 6 7 8 9 10

23. What are your goals for a yoga practice? These can change over time and we will check in routinely.

Signature of participant:

Date:

If the participant is **under** the age of **18**,

Signature of Parent/Guardian:

Name:

Date: