

## Therapeutic Yoga for Healthy Backs with Annelise Mundy and Bluebird Yoga

Name, age, phone number:
What do you most want to learn or be able to do as a result of this class? What are your main concerns and issues?
What exercises do you currently do?
What has your doctor advised you to do or <i>not</i> to do?
In addition to learning yoga, circle which other skill you are <b>most</b> interested in. Breathing techniques? Meditation? Relaxation? Techniques for anxiety or depression?
Previous Yoga experience: Circle Level: none, beginning, intermediate, advanced? If you have had prior experience, indicate the teacher, yoga type, when?
Circle any conditions you have: Arthritis, balance issues, bulging discs, knee or hip replacements, joint pain, kyphosis (hunched upper back), lordosis, nerves, numbness, sacro-iliac joint pain, sciatica, scoliosis, stiffness, depression, diabetes, heart problems of any type, high blood pressure, insomnia, glaucoma or macular degeneration, PTS.  Please describe any other disease or health condition not listed above.
Describe any major injuries or surgeries or anything else that would affect your ability to practice yoga?

Please mark anywhere on the line to indicate your typical pain level for each item.

	No Pain	Moderate	Worst Pain Ever
Neck	_____		
Shoulders	_____		
Lower back	_____		
Hips	_____		
Knees	_____		
Ankles, feet	_____		
Elbows	_____		
Wrists	_____		
Hands	_____		