



CONFIDENTIAL NEW YOGA STUDENT QUESTIONNAIRE

Name Date

Address

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Tel: Mobile

Email (given with consent to contact)

Occupation Age Male/Female

Have you had any major illnesses recently?.....

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Have you had any operations in the past 12 months?

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Have you had any accidents or injuries in the past 6 months?

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Do you have any chronic conditions that trouble you? Such as back problems, arthritis, thyroid, heart, sight, hearing issues etc.?

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Have you done yoga before?

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Are you pregnant? If so, how many weeks?,.....

Do you have any special reason for starting yoga now, or special wish for yourself?

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Is there anything else it would be helpful for me to know about you?

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Student Signature Tutor Signature

Please e-mail back to : ~ harshani@mindbodywellbeing.co.uk