

# Intentions Yoga

## Welcome to Intentions Yoga of Body & Mind

Please check each box to show you have read and agree to each policy.

Sessions	Summary	Fee
Yoga Group	One 2 hour class	\$40.00
Yoga Group	Five 2 hour classes	\$150.00
Individual	One 1 hour classes	\$125.00
Couples / Families	One 1 hour classes	\$125.00
Couples / Families	One 90 minute class	\$175.00

We offer reduced fees on a client case basis. Insurance may cover some or all the costs with Cynthia N. Herzog. Please inquire.

Your health information is used for the purpose of designing your private yoga sessions, and will not be shared without your written consent. Your information is protected under HIPPA law.

### CLIENT QUESTIONNAIRE

THE DETAILS IN THIS PACKET ARE KEPT BY MRS. HERZOG FOR THE PURPOSE OF DESIGNING YOUR YOGA PRIVATE SESSIONS ONLY. YOUR INFORMATION IS KEPT COMPLETELY CONFIDENTIAL AND IS NEVER SHARED.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Cell: \_\_\_\_\_ Home: \_\_\_\_\_

Email: \_\_\_\_\_

Referred by: \_\_\_\_\_

Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Occupation: \_\_\_\_\_

Contact in case of emergency:

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Telephone: \_\_\_\_\_

101 Timberlachen Circle, Suite 201, Lake Mary, FL 32746  
Cynthia N. Herzog LCSW, CAP, ICADC, CIAYT, 500 E-RYT  
www.vistaeap.com Phone: (407) 324-9440  
Lorraine Turner 500 E-RYT, Y4C Phone: (407) 687-4414

# Intentions Yoga

## HEALTH HISTORY INFORMATION

Diet: How many times per day do you eat and what are the sizes of your meals?

---

Diet: Please describe your weekly diet in terms of meat, seafood, dairy, fruits, vegetables, grains, water, tea, coffee, energy drinks, sodas, etc.

---

---

Rate your Digestion: Poor \_\_\_\_\_ Fair \_\_\_\_\_ Good \_\_\_\_\_ Excellent \_\_\_\_\_ Problems \_\_\_\_\_

Rate your Breathing: Poor \_\_\_\_\_ Fair \_\_\_\_\_ Good \_\_\_\_\_ Excellent \_\_\_\_\_ Problems \_\_\_\_\_

Are you a nose or mouth breather? \_\_\_\_\_ Asthma: ( Yes / No )

High/Low blood pressure? ( Yes / No ) Is it controlled with medication? ( Yes / No )

History of heart disease? ( Yes / No ) History of drug or alcohol abuse? ( Yes / No )

History of anxiety or depression? ( Yes / No ) How long? \_\_\_\_\_ Medication? \_\_\_\_\_

Current perceived stress level: ( high, moderate, low ) \_\_\_\_\_

List your stressors: \_\_\_\_\_

How well do you sleep? ( badly, well, very well ) \_\_\_\_\_

On average, how many hours of sleep do you get each night? \_\_\_\_\_ Problems? \_\_\_\_\_

Indicate your frequency of: ( Rare, Sometimes, Often, Most of Day )

Driving \_\_\_\_\_ Standing \_\_\_\_\_

Sitting \_\_\_\_\_ Work at computer \_\_\_\_\_

Carry heavy weight \_\_\_\_\_ Garden work \_\_\_\_\_

List any current medications \_\_\_\_\_

List exercise/physical activities \_\_\_\_\_

---

Previous yoga experience: \_\_\_\_\_

Team/competitive sports: \_\_\_\_\_

# Intentions Yoga

## HEALTH HISTORY CONT.

List prior or current injuries/health conditions, and explain: \_\_\_\_\_

---

---

Goals for your practice / lessons: \_\_\_\_\_

---

---

## RELEASE / WAIVER OF LIABILITY AND AGREEMENT

I, \_\_\_\_\_ (print name), understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly.

Yoga Therapy with Ms. Herzog will involve practices designed for both body and mind.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I have been checked by my doctor and cleared to practice yoga prior to signing up for private lessons with Cynthia N. Herzog. I hereby agree to irrevocably release and waive my claims that I have now or may have hereafter against Mrs. Herzog, Intentions Yoga, their heirs, successors or assigns.

We highly recommend and encourage regular practice (a little to a lot) to achieve maximum results.  
Yoga is a practice!

I, \_\_\_\_\_ (print name), agree to the above policies and pricing for private yoga lessons with Cynthia N. Herzog.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date