

Yoga for Back Health

-your health history

By taking a moment to answer some short questions below, you will help me to design the course to best suit your needs. You may either email them back to me at angelinaedgson@live.com or print, fill and bring with you to first class. Please plan to arrive at least 15 minutes early to get signed in and settled.

Name: _____ **Date:** _____

How did you hear about this program?

What is your experience with yoga so far? (How often do you practice? What type of practice?)

Do you have any health concerns or conditions for which you need to modify the postures?
For example, are you experiencing:

High or low blood pressure

Heart disease

Dizzy spells or Epilepsy

Pregnancy

Neck or spinal injury/condition, such as herniation, scoliosis etc.
(please describe in detail)

Any other condition or injury (please specify)

*** Please notify the teacher of the above, so that she can give you appropriate modifications to postures.**

What is the nature of your back issue? Please give as many details as possible. ie: How long? What makes it feel better? Worse?

Have you seen your doctor about this?

What was his or her advice/prognosis?

Has your doctor approved you for doing yoga?

Are you taking any medication? If so, what?

Have you seen or been seeing any other health care professionals? ie. Physiotherapists, Chiropractors or Massage Therapists? (Please specify)

Has your doctor or any other health care professional told you to avoid certain activities or movements? If so, which ones?

What activities do you love doing? Are you still able to perform these activities?

What do you do for work? What activities does that entail? Ie. Desk work, heavy lifting etc.

What inspires you to participate in this course? What are you hoping to get out of the experience?

So now you are ready to enjoy learning how to maintain your own back health in a wholly natural and empowering way.

Please eat lightly at least two hours before class as an empty stomach is ideal for optimum yoga practice and comfort.

No previous experience with yoga is required, only an open mind and a desire to take an active responsible role in your own health and wellbeing.

Angie Edgson-Dey

angelinaedgson@live.com

250-319-9855