



## LivFree® Deeper Meditation

First \_\_\_\_\_ Last \_\_\_\_\_

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

What interests you the most about this module?

### **Your Goals:**

What is your goal for this training?

### **Your Yoga:**

Are you a certified Yoga Teacher? What level of certification are you?

Are you registered with Yoga Alliance?

How long have you been practicing yoga?

How often do you practice?

What makes a yoga class stand out as special to you?

Do you have any physical injuries that we should know about?

Is there anything else you want us to know?