

Blissful Living LLC – Yoga Client Intake Form

Name: _____ Email: _____

Cell Phone: _____

Address: _____

Emergency Contact: _____ Phone Number: _____

Registering For:

Beach Vinyasa Yoga

- ☐ Summer 2023 Unlimited (June 5 - August 31st): Beach Vinyasa Yoga (\$600)
4 classes/week, Monday-Thursday 6:30PM* (*up to 52 classes offered*)
- ☐ Monthly Pass: Beach Vinyasa Yoga (\$240)
4 classes/week, Monday-Thursday 6:30PM* (16 classes offered)
- ☐ Single Class: \$25, Date to attend _____

Note: Classes will not be held if raining or if winds are over 12mph

Gentle/Resortative Yoga

- ☐ Summer 2023 Unlimited (June 1 - August 31st): Beach Restorative Yoga (\$600)
4 classes/week, Monday-Thursday 5:15PM* (*up to 52 classes offered*)
- ☐ Monthly Pass: Beach Restorative Yoga (\$240)
4 classes/week, Monday-Thursday 5:15PM* (*up to 16 classes offered*)
- ☐ Single Class: \$25, Date to attend _____

Note: Classes will not be held if raining or if winds are over 12mph

**Please arrive 10 minutes early to set up your blanket and mat.*

Yoga Questions:

1. Are you new to yoga?
 - ☐ If yes, skip to question #3
 - ☐ No
2. How long have you been regularly practicing yoga?
 - ☐ 2-6 months
 - ☐ 7 months to less than 1 year
 - ☐ 1-3 years
 - ☐ More than 3 years
3. What are your two main reasons for taking yoga classes?
 - ☐ Increase flexibility
 - ☐ Improve muscle strength
 - ☐ Increase energy

- ☐ Reduce muscle tension in the neck, shoulders
 - ☐ Reduce muscle tension in the lower back
 - ☐ Improve circulation
 - ☐ Reduce feelings of stress, increase peace of mind
 - ☐ Improve breathing, learn new breathing techniques
 - ☐ Improve balance and coordination
 - ☐ Improve stamina
 - ☐ Other (please specify)_____
4. Do you currently have any injuries or physical limitations? Please describe_____
5. Do you have any of the following:
- ☐ High Blood Pressure
 - ☐ Any heart condition (please explain)
 - ☐ Diabetes
 - ☐ Neck or back problems (please explain)
 - ☐ Sciatica
6. For future offerings, what hours are most desirable to you to attend yoga classes outdoors? Select as many as applicable:
- ☐ 7am
 - ☐ 8am
 - ☐ 9am
 - ☐ 5pm
 - ☐ 6pm
 - ☐ 7pm
 - ☐ 8pm
7. Would you want weekend classes to be available? YES or NO
8. If you answered yes to question #7, what start times would be best for you?

Thank you for completing this questionnaire!