

Yoga Therapy Questions

1. **Name, Phone Number, and Email addresses**
2. **Dates of visits**
3. **Current problem (symptoms) and history of problem at 5 Levels – Heyam**
 - a. **Annamaya – Musculoskeletal**

- How's your general health?
- How old are you?
- How does your body feel?
- Current medical conditions/diagnoses

Aches and pains?

- ✓ How long can you sit before you want to get up?
- ✓ How long can you stand before you want to sit?
- ✓ How is this affecting your life?
- ✓ Is it getting better, worse, or the same?
- ✓ Any Arthritis?

Lifestyle – Viharam –Work and Exercise

- ✓ Describe a 24 hour day in your life. Tell me about your working life and exercise routines.
- ✓ What do you do during your free time?
- ✓ Have you practiced yoga previously? What type?
- ✓ What medications do you take?
- ✓ What health care practitioners/therapies have helped you most?
- ✓ What other treatments? What worked? What didn't?
- ✓ Past medical conditions/surgeries
- ✓ Any addictions present or past?

Food – Aharam

- ✓ Tell me about your eating habits and whether you struggle with your weight or diet.

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- b. **Prānamaya – Physiological/Functioning of Organs (digestive, respiratory, cardio vascular, lymphatic, endocrine, reproductive, urinary, nervous systems etc.)**

Physiological

- How is your digestion?
- What do you do to manage your stress?
- How are your energy levels?

- Nervous system – stress levels/anxiety/nerve pain?
- Breathing (Respiratory system)?
- Heart (Cardiovascular system)?
- Immune system?
- Hormones?
- Reproductive system (menstrual issues; menopause; etc)?
- Urinary systems (incontinence)?

Sleeping Patterns – Nidra

- How much sleep do you get each night?
- Do you suffer from insomnia? How often?

c. Manomaya – Manas level – The part of mind closest to sense organs – Lower Mind

- How is your short and long term memory?
- How do you continue educating/feeding/exercising your mind as you age?
- How is your mood generally? Positive? Negative? Moody?

Do you experience chronic pain? If so...

- What does your pain mean to you?
- Why do you think your pain persists?
- How much of your life is impaired by pain?
- How much better do you believe you can feel?
- How would your life be different if you didn't have chronic pain?
- Is there anything you have discovered about yourself from having chronic pain?

d. Vijnānamaya – Buddhi level – Higher Mind - Personality – The part of the mind that interprets information brought into the mind/manas

- What do you believe or trust in (śraddha)?
- What motivates you to live a full life?
- What do you do every day to feed that interest or passion?
- How do you view your life experiences? Glass ½ full or empty? Can you shift that perspective?
- What old habits are you carrying around that are affecting your ability to be happy with your life?
- How do you view your communication skills?
- How open-minded are you?
- Are you easy going or a perfectionist? Are demanding of self and others?
- Do you struggle with boundaries or speaking the truth in a way that can be received?

- What influence do you think you have over your recovery? Do you see this process as learning to live with what you have, or also doing what you can to improve?

e. Ānandamaya– JOY - Balance/Imbalance of Emotions from the Heart

- What brings you JOY?
- What takes you away from that Joy?

Relationships – Abrahmacharya

- Do you have fulfilling personal relationships in your life? Partner? Friends? Family? Colleagues? Do they connect you to your inner Joy?
- Do you have a spiritual life or belief system? Please describe. Does it connect you to your inner Joy?
- Do you have a teacher/mentor/guide? What form does that take for you – a teacher, counselor, friend, or parent?