



**New Members
Only!**

ADULT YOGA QUESTIONNAIRE



Name: _____ Current Yoga Level: _____

Email: _____ Phone# _____

Questions before stepping onto your yoga mat...

1. Is this your first time taking yoga? YES/NO

1a. If your answer is no, how long have you been practicing? _____

2. What do you wish to achieve from yoga? _____

3. Are you looking for a calming restorative practice or a powerful strong flow? (circle one)

4. Do you suffer from any prior injuries? YES/NO

4a. If yes, please describe: _____

Remember it's not about the destination, its about the journey.

Al Goman Center

Come as you are.

please bring a mat, towel, blanket & water.

Namaste

SESSION \$30.00

6 WEEKS

LEVEL 1 - 5:30-6:30PM

LEVEL 2 - 6:35-7:35 PM

Any questions please Contact Gustine recreation coordinator

Tiffany Vitorino 209-564-2518

