



cathy cannon yoga  
illuminate

---

illuminate  
cathy cannon yoga

What are you seeking to learn/feel/transform from a practice of yoga?

Do you currently have a meditation practice? If so briefly describe how long you have been practicing and your level of consistency and method.

Briefly describe the stressors in your life (Work, Family, Health, other).



Are you currently pregnant or trying to become pregnant?

Do you have any chronic pain, physical limitations, or disabilities? If yes, briefly describe.

Have you had a serious illness or major surgery in the last 5 years? If so briefly describe.

Have you experienced a trauma either physical or emotional recently or in the past?



Do you work with any wellness professionals such as a coach or Psychologist, acupuncturist, chiropractor or Nutritionist?

Do you currently have or have you had any of the following conditions in your lifetime? Circle any applicable.

respiratory conditions

heart disease

high blood pressure

seizures or strokes

hypertension

detached retina

glaucoma

diabetes

diagnosed mental conditions

anxiety or panic attacks

severe migraine headaches

What else would you like to share in order to enliven your practice of yoga?