



## Yoga for Fertility

### Personal & Health History

- Name: \_\_\_\_\_ • Age: \_\_\_\_\_
- Height: \_\_\_\_\_ • Weight: \_\_\_\_\_
- Email: \_\_\_\_\_ • Phone: \_\_\_\_\_
- Do you have (or need) doctor approval to exercise/practice yoga? \_\_\_\_\_
- What is your main goal for this series?  
\_\_\_\_\_

### Physical Body (Annamayakosha)

- Tell me about any past injuries/illnesses/surgeries/chronic conditions/accidents?  
(please list all)  
\_\_\_\_\_
- Currently, do you have any joint or muscle pain or tension? (please list all areas)  
\_\_\_\_\_
- Are you currently seeing a healthcare provider and if so, what for?  
\_\_\_\_\_
- Are you currently undergoing any fertility treatments? Any prescription or non-prescription medications and what for?  
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- How is your posture?  
\_\_\_\_\_

- What kind of work do you do, and is your body comfortable at work??

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- What do you do for exercise?

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- What do you do for relaxation and stress reduction?

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### **Breath and Energy Body (Pranamayakosha)**

- Is your daily schedule regular or does it change from day to day?

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- Any difficulties with breathing? Do you notice changes in your breathing when you become upset or agitated?

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- What is your overall energy level? (scale of 1-10:1 being low, 10 being very high). Is it consistent or does it change for day to day?

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- What are your sleep patterns like? Do you wake up feeling refreshed to start your day?

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### **Psycho-Emotional Body (Manomayakosha)**

- What is your stress level? (scale of 1-10:1 being low, 10 being very high)

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- What tends to trigger stress in your life?

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- Ways you find most effective in releasing stress?

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- Do you experience depression or anxiety?

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- Are there any emotions that you have difficulty feeling or expressing?

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- Are your personal relationships nurturing and supportive? Career?

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- What are the main challenges, issues in your life right now?

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- What would you consider to be the main losses you have suffered?

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### **Wisdom Body (Vijanamayakosha)**

- Do you ever notice that you keep bumping up against the same problems and situations in life? \_\_\_\_\_

- Are there habits you would like to change?

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- Do you feel you have a big picture of your life as a whole? (or do you feel stuck in the forest just looking at the individual trees?)

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### **Spiritual Body (Anandamayakosha)**

- How would you describe the spiritual dimension of your life? (i.e.: religion, nature, NA, etc)

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- What do you see as ultimately most important in life?

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- Do you feel you have a particular mission or vocation in this life and are you fulfilling it?

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### **Yoga History**

- What is your experience with yoga, meditation or other spiritual practices? Do you currently have a regular practice?

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- What have you found most beneficial from these practices?

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- What have you found most difficult and challenging?

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- Which types of postures do you like most? The least? (i.e.: folds, backbends, etc)

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- Do you experience pain or discomfort in any pose? Which pose(s) and where is the pain?

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- What is your favorite pose? Least favorite pose?

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