



D1Y



INITIAL CONSULT

Thanks for signing up for 1-on-1 LIVE Coaching Session!

We have a few things to do prior to scheduling your one-on-one meeting!

Please take a 2-minute video of yourself doing a Sun Salutation A with a view from the side and send it to me via Whatsapp (+1-773-443-9636).

Please send photos of yourself facing front back and side.

Please answer the below questions and send them to me at day1yoga@gmail.com.

After reviewing, I will text you to set up a ZOOM meeting.

QUESTIONNAIRE:

What is your chief complaint?

What do you feel are your strengths?

What do you feel are your weaknesses?

Consistency: How often do you practice and for how long?

What is your yoga/athletic history? What style of yoga do/have you practice(d)?

What else should I know about your practice and your goals?

What specific skill are you looking to improve upon in our session?