Find Your Flow \*\*\* Yoga with Lizzie

Student name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Goals are an awesome way to focus your time & energy. They can motivate & inspire You but they also need to be approached with a plan & with kindness.

Share your goals – if you have any with me, both Short Term & Long Term.

1. Do you already practise Yoga? YES NO

If yes please give details

1. Why have you chosen Yoga?
2. What are your health, fitness & yoga goals?

We will review these together periodically to ensure we are making progress in mind body & spirit.

Telephone no: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please know you are responsible for letting me know of any changes in your health during the course that might alter your answers to the questions above.

Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Trying to approach these goals with out too much attachment to the end-point & allowing yourself to enjoy the journey to that goal will bring the greatest rewards & pleasure form the experience.