



Welcome to a new program **VINYASAMYOGA**

Designed to give you more knowledge about yourself and your yoga practice.

All you need to do is answer the questions, email the document back to me and I will write a program tailored to you.

We will book a session and I will teach you your vinyasa flow and explain why and what your postures will do for you.

We will video it and you can download it, so you can follow it easily.

Name:
Age:
Any difficulties with movement?

How often do you practice?

How often would you like to?

When is the best time for you to practice?

Do you have a place you can practice?

Which do you prefer: Morning or evening?

What feelings and effects do you get from yoga: (Circle below)

Calm Energy Strength Bliss Space Joy Empowerment Focus Determination Peace

Sleepiness Relaxation Lengthening Breath control Internal External Heat Cooling

Detoxifying Connection with body Strength in mind Healthy Balance Clarity Lifted Purpose

Which of the above are you looking to achieve? (Please use words that are not on the list also.)

How would it make you feel if you practiced your yoga daily?

Is there anything you don't like about yoga? (Please circle or add other.)

Too slow Boring Too difficult Too quick Too painful Non effective Difficult breathing

What type of poses do you like?

Twist Balance Inversion Extension Forward fold Lateral

What poses do you like? (Please describe or draw a stick man if you don't know the name.)

What poses would you rather not do? (Please describe or draw a stick man if you don't know the name.)

What areas of your body would you like to work on?

What would you say are your strengths and weaknesses?

Would you like a flow to energise or relax?

Please tick what you would like your flow to do for you...

Easy and simple to help you practice daily: A flow you like to do.

A flow that challenges you and will take time to achieve: A flow that will make you grow.

Which is of greatest importance to you? please number. (1 greatest importance to you, 10 least.)

Strength Flexibility Balance Detoxification Relaxation Mindfulness Auto pilot (Repetition)

Energising Immunity support Weight loss

And finally, in ayurveda there are three doshas that represent types of personalities. You might be a combination of the two. These personalities give clues as to the type of yoga your body wants. I will send you the summary of the personality when you work out what you are.

The questionnaire was taken from my Zuna course book. You can find all kinds of these questionnaires online. Non of the personalities are bad. They are all great, so see what you are and it will help with your yoga plan.

I look forward to writing your vinyasa and taking you through it.

Best wishes,

Sarah & Lottie

Atributes	Vata	Pitta	Kapha
Height	Tall or very short	Medium	Usually short. Tall + large
Weight	Slim. Hard to hold weight	Moderate. Athletic	Heavy. Hard to lose
Skin	Dull	Ruddy, lustrous	Pale
Skin texture	Dry and rough	Warm and oily	Cold and damp
Eyes	Small, nervous	Piercing, easily inflamed	Large, white
Hair	Dry, thin	Thin, oily	Thick, oily, wavy
Teeth	Crooked	Moderate, bleeding gum	Large, well formed
Nails	Rough, brittle	Soft, pink	Soft, white
Joints	Stiff, crack easily	Loose	Firm, large
Circulation	Poor, variable	Good	Moderate
Appetite	Variable, nervous	High, excessive	Moderate, but constant
Thirst	Low	High	Moderate
Sweating	Scanty	Profuse, not enduring	Slow, then profuse
Stool	Hard, dry	soft, loose	Normal
Urination	Scanty	Profuse, yellow	Moderate, clear
Sensitivities	Cold, dry, wind	Heat, sunlight, fire	Cold, damp
Immune function	Low, variable	Moderate	High
Illness tendency	Pain, inflammation	Fever	Congestion
Activity	High, restless	Moderate	Slow
Endurance	Poor, easily exhausted	Moderate, focused	High
Sleep	Poor, disturbed	Variable	Excessive
Dreams	Frequent, colourful	Moderate, romantic	Infrequent, disturbed
Memory	Quick, but absent	Sharp, clear	Slow, steady
Speech	Fast, frequent	Sharp, cutting	Slow, melodious
Temperament	Nervous, changeable	Motivated	Constant, conservative
Positive emotions	Adaptability	Courage	Love
Negative emotions	Fear	Anger	Attachment
Faith	Variable, erratic	Strong, determined	Steady, slow to change
TOTAL			