Your Goals from Yoga Practice

Welcome to The Centered Place. We ask that you share with us your main goals or objectives that you would like to achieve through practice of yoga. This will give us a chance to get to know you and support you better. As you read some of the suggested possibilities here, you might get to know yoga better: the possibilities that yoga may bring are endless. Ultimately, with the practice of yoga, you will get to know your self better – that is, your Self, or Svaroopa®, which means your true, most profound and sacred Self.

For each section, indicate your main aspirations. You can choose from the provided choices or add your own. If you indicate more than one in a section, prioritize your selections (1 the highest priority).

Physical/Physiological Goals
What are your intentions for physical or physiological gain from yoga? For example:

___ Greater flexibility ___ Improved circulation ___ Better sleep
___ Release of physical tension ___ Stronger bones ___ More stamina
___ Lower blood pressure ___ Improved posture ___ Weight control
___ Greater physical health ___ Improved digestion ___ Better physical balance
___ Greater muscle tone and strength ___ More energy ___ Relief from pain

Other:

Mental/Psychological Goals
What are your intentions for mental or psychological gain from yoga? For example:

___ More positive attitude ___ Improved mood ___ More self-acceptance
___ Improved memory ___ Decreased anxiety ___ Greater concentration
___ More peace of mind ___ Greater contentment ___ Greater self-trust
___ Increased ability to be with discomfort or pain ___ Improved relationships ___ Improved ability to handle challenges more gracefully

Other:
**Spiritual Goals**

Yoga can become part of your spiritual life. It is practiced by people from all religions; it is non-denominational. Yoga teaches you how to live with greater integrity, openness, and ease — in your relationship to yourself, to others, and to the planet. What are your intentions for spiritual gain from yoga?

___Greater sense of unity ___Increased compassion ___Greater sense of connection with the environment and others and empathy to God, the Divine, or Self

___Greater openheartedness ___Greater self-awareness ___Greater inner peace

___Find out who I really am ___Discover a place of stillness and peace within

___Live with greater presence ___ Greater ability to let go and flow

Other:

**Other Aspirations and Intentions**

Is there anything else that might not fit in the above three categories that you would like to achieve through your practice of yoga?

How can we best support you?

Thank you from the staff of The Centered Place