

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 *Svaroopā*®, 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:

- | | | |
|---|---|--|
| <input type="checkbox"/> Greater flexibility | <input type="checkbox"/> Improved circulation | <input type="checkbox"/> Better sleep |
| <input type="checkbox"/> Release of physical tension | <input type="checkbox"/> Stronger bones | <input type="checkbox"/> More stamina |
| <input type="checkbox"/> Lower blood pressure | <input type="checkbox"/> Improved posture | <input type="checkbox"/> Weight control |
| <input type="checkbox"/> Greater physical health | <input type="checkbox"/> Improved digestion | <input type="checkbox"/> Better physical balance |
| <input type="checkbox"/> Greater muscle tone and strength | <input type="checkbox"/> More energy | <input type="checkbox"/> Relief from pain |

Other:

Mental/Psychological Goals

What are your intentions for mental or psychological gain from yoga? For example:

- | | | |
|--|---|--|
| <input type="checkbox"/> More positive attitude | <input type="checkbox"/> Improved mood | <input type="checkbox"/> More self-acceptance |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Decreased anxiety | <input type="checkbox"/> Greater concentration |
| <input type="checkbox"/> More peace of mind | <input type="checkbox"/> Greater contentment | <input type="checkbox"/> Greater self-trust |
| <input type="checkbox"/> Increased ability to be with discomfort or pain | <input type="checkbox"/> Improved relationships | <input type="checkbox"/> 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?

- | | | |
|---|---|--|
| <input type="checkbox"/> Greater sense of unity with the environment and others | <input type="checkbox"/> Increased compassion and empathy | <input type="checkbox"/> Greater sense of connection to God, the Divine, or Self |
| <input type="checkbox"/> Greater openheartedness | <input type="checkbox"/> Greater self-awareness | <input type="checkbox"/> Greater inner peace |
| <input type="checkbox"/> Find out who I really am | <input type="checkbox"/> Discover a place of stillness and peace within | |
| <input type="checkbox"/> Live with greater presence | <input type="checkbox"/> 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