



Five Kosha Interview

Adapted from Joseph Le Page, Professional Yoga Therapy Training 2011

Anamayakosha

- ◇ Name, age, address, profession, etc.
- ◇ Current yoga therapy needs
- ◇ Current health conditions
- ◇ Health history and overall state of health
- ◇ Chronic pain -- where? Stiffness, soreness
- ◇ Describe diet and digestion
- ◇ Types of exercise

Pranamayakosha

- ◇ Daily breathing routines
- ◇ Sleep patterns and disturbances
- ◇ Overall energy levels; when greatest / least
- ◇ Describe contact with nature ... how often
- ◇ Energy blockages in body

Manomayakosha

- ◇ Describe your family and personal relationships
- ◇ Major challenges: personal / work
- ◇ Emotions that are hardest to express, when do these come up?
- ◇ Who are you comfortable talking to?
- ◇ Overall level of stress, how you release stress

Vijnanamayakosha

- ◇ Yoga / meditation practices, what and when?
- ◇ Best self-healing tools for you
- ◇ Inspirational books and teachers?
- ◇ What aspects of life give you the most joy?

Anandamayakosha

- ◇ What do you feel is your ultimate purpose in life?
- ◇ What is your concept of the higher source / creator?
- ◇ How do you stay connected or get distant from the source?
- ◇ Does this source also heal?

Additional Comments: _____
