



FOR CLIENT HANDOUT

Functional Yoga Therapy™ - Therapy Assessment Recommendations

Date:

Name:

Main Goal:

Structural	<i>In the Order Listed, Do each movement daily, unless specified differently. Focus on the sensations of the body parts being moved while maintaining a slow complete breath. If there is sharp pain, stop & evaluate. Contact me for modifications or any questions.</i>
Breath	<i>All Movements focus on slow complete breathing, with more emphasis on the exhale, unless stated differently. These additional breath practices can be done either before or after your movement practices. A mudra (hand gesture) may also be suggested to enhance the effects of the practice for you. Hold this mudra while practicing breath techniques.</i>
Food/Lifestyle	<i>Any issues with the bones/joints requires greater hydration. Double your water intake – room temperature or warm. Start each morning with a mug of hot water with lime.</i>
Other	
Follow-up Date	