

Health Data

Year of birth: Your Phone No.:

Hormone Yoga exercises can be adapted individually. I would be grateful if you could answer the below mentioned questions so that I can choose and prepare the exercises best suited for you. Your information will be treated with strict confidentiality and will not be passed on to third parties.

In general, how is your blood pressure?

☐ much too high ☐ rather high ☐ normal ☐ rather low ☐ very low

Remarks:

Do you suffer from back problems? ☐ yes ☐ no

If yes, in which area? ☐ lumbar vertebrae ☐ thoracic vertebrae ☐ cervical vertebrae

☐ musculature ☐ others

What is the medical diagnosis?

Remarks:

Do you suffer from joint problems? ☐ yes ☐ no

If yes, in which joint? ☐ foot ☐ knee ☐ hip ☐ shoulder ☐ elbow ☐ hand ☐ others

What is the medical diagnosis?

Remarks:

Other disorders / symptoms

☐ weak pelvic floor: ☐ very weak ☐ medium weak ☐ slightly weak

☐ menstrual problems: ☐ strong ☐ medium ☐ slight

☐ dizziness/balance: ☐ Tinnitus ☐ intraocular pressure ☐ thyroid dysfunction

☐ chronic pains and or infections

☐ others

Remarks:

Hormone Yoga should not be practiced in the following cases:

- | | |
|--|-------------------------|
| ♦ diseases that are aggravated by increasing oestrogen levels (e.g. myoma, cancer) | ♦ pregnancy |
| ♦ after severe surgery | ♦ acute inflammations |
| ♦ severe endometriosis | ♦ slipped disk |
| ♦ severe heart problems | ♦ advanced osteoporosis |
| | ♦ glaucoma |

Please consult your doctor if you suffer from chronic pains, thyroid dysfunction, recent inflammation of the appendix or increased ocular pressure.

"Hormone Yoga" can be very effective and potent and should not be underrated. Consulting your doctor is in any case recommendable.

Place / Date:

Signature: