

Are You a Candidate for the Yoga's Stress Reduction and Deep Relaxation Class?

Circle from 1-5 your responses to the following questions to determine if you can benefit from the Namaste Yoga's Stress Reduction and Relaxation Class. A total of 210: you are a "very strong" candidate and could definitely benefit from this class; a total of 166, a "strong" candidate; a total of 126, you could still benefit from the class. If your total was less than 126, you do not need to take this class.

Almost Never: 1; Sometimes: 2; Often: 3; Usually: 4; Almost Always 5

Physical Being

I have high blood pressure	1	2	3	4	5
My heart beats too fast, irregular, etc.	1	2	3	4	5
I have heartburn	1	2	3	4	5
I have migraines	1	2	3	4	5
I feel too hot most of the time	1	2	3	4	5
My skin is not healthy	1	2	3	4	5
I overindulge in tobacco/drugs	1	2	3	4	5
I fatigue easily	1	2	3	4	5
My joints are painful and don't support me well	1	2	3	4	5
My appetite is not good	1	2	3	4	5
Poor digestion (gas, diarrhea, constipation)	1	2	3	4	5
I am a workaholic	1	2	3	4	5
Unable to balance my diet and lifestyle	1	2	3	4	5
I overeat	1	2	3	4	5
Loss of appetite	1	2	3	4	5
I feel nauseous (sick to my stomach)	1	2	3	4	5

Breath and Energy Levels

I cannot breath fully and deeply	1	2	3	4	5
I do not use my entire torso to breath	1	2	3	4	5
I am exhausted most of the time	1	2	3	4	5
My breathing is jerky	1	2	3	4	5
I feel like I can't catch my breath	1	2	3	4	5

Mind and Emotions

I can't concentrate	1	2	3	4	5
I forget things easily	1	2	3	4	5
I don't fee love and joy in my life	1	2	3	4	5
I can't share my feelings and emotions	1	2	3	4	5
I am irritable and angry for little or no reason	1	2	3	4	5
I feel anxious	1	2	3	4	5
I have sexual problems (any kind)	1	2	3	4	5
I am lonely	1	2	3	4	5
I am fearful	1	2	3	4	5
I experience memory loss	1	2	3	4	5
I am depressed	1	2	3	4	5
I have panic attacks, fear responses, etc.	1	2	3	4	5

My Spiritual Being

I do not see my life as a whole	1	2	3	4	5
I don't spend time in any kind of spiritual practice	1	2	3	4	5
I can't enjoy life's rewards	1	2	3	4	5
I approach other people with a closed heart	1	2	3	4	5
I can't found my spiritual self	1	2	3	4	5
I can't forgive others	1	2	3	4	5
I don't feel connected with any Divine Being	1	2	3	4	5