Psyche Body Soul

*Therapeutic Education, Functional Movement, and Soulful Media*

**Student Questionnaire for**

Embody Your Nature: trauma-informed workshop

Your responses are confidential and will not be shared nor mentioned during the training.

**Submit form to**: amanda@psychebodysoul.com

**Deadline:** Complete this form ASAP to ensure the workshop can be customized to meet your needs

 Final deadline for submission is September 6, 2021

First Name: Last Name: DOB:

1. Do you currently have any injuries or movement restrictions? If yes, please describe.
2. Why did you decide to register for the event?
3. Are certain postures, movements, verbal cues, meditations, or words particularly triggering for you? Please describe here to ensure the workshop is customized with sensitivity to your needs.
4. What is your current practice for managing stress in your psyche and body?
5. What aspects of your current practice are effective for you?
6. What aspects of your current practice seem ineffective?
7. What is your level of trauma education?
8. Are there particular conditions within your psyche and body that you are hoping to balance, nourish, neutralize, or heal through this upcoming event?
9. Have you practiced Primal Vinyasa® before?
10. How would you like to feel at the end of the sessions?
11. What knowledge are you hoping to gain from this training?

**Submit this form to**: amanda@psychebodysoul.com

By September 6, 2021

If this is your first time attending a training with Amanda Blain/Psyche Body Soul, then complete the following liability waiver

**Liability Waiver**

[**Click here to sign the online liability waiver**](https://www.psychebodysoul.com/liability-waiver)

**Prop List**

* Danda; a big stick – you can unscrew the stick from a broom or mop, purchase a danda from primalvinyasayoga.com, or buy a thick broom stick at a hardware store and apply rubber grippers to each end. You can also use a large hiking stick
* Yoga mat
* 2 yoga blocks
* 1 blanket
* 1 large towel
* Candle and any crystals or other objects that help you self-soothe

If you have any questions or concerns prior to the event, please feel free to contact me at amanda@psychebodysoul.com or (424) 521-2025. I am here to help you get the most out of the experience.

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