

Myth of Aging Assessment Form
Deb Kurilla Cornerstone

Name _____

E-mail _____

Which of these areas of the body are tight, stiff or in chronic pain?

Neck		Yes	No	Right Side	Left Side
Jaw		Yes	No	Right Side	Left Side
Shoulders		Yes	No	Right Side	Left Side
Elbow		Yes	No	Right Side	Left Side
Wrist/hands		Yes	No	Right Side	Left Side
Upper Back	Right side		Left Side	straight across the top	
Low Back	Right side		Left Side	straight across the top	
Hips	Yes	No		Right Side	Left Side
Groins	Yes	No		Right Side	Left Side
Psoas	Yes	No		Right Side	Left Side
Hamstrings	Yes	No		Right Side	Left Side
Knees	Yes	No		Right Side	Left Side
Ankles	Yes	No		Right Side	Left Side
Feet	Yes	No		Right Side	Left Side

Take a moment, close your eyes, connect to your breath to check in with your body and mind. Is stress playing a roll in your life and/or it effects on the body. How?

How are your aches, pains or stress getting in the way of your day-to-day living?

How much time a day would you devote to feeling better? 5 minutes? 15 minutes? 30 minutes?

Is there anything else you would like to share?

Bring to class or e-mail to Deb Kurilla @ bodyoflightyoga@aol.com