

Please Share with Me about Yourself and Your Womanhood

I look forward to our special week together in Bosnia. I would like to get to know you beforehand so that we can make the most of our precious time. I invite you to share with me something about yourself. Below are a few topics that can guide your sharing. (This Word Document allows you to expand beyond the small space given.)

Name, Date of Birth

What do you consider your major challenge(s) as a woman.

Personal, Relationships -- Marital status, kids or not, etc.

Professional Path and Other Interests - Education, work

Spiritual Path - Experience with Kundalini Yoga and other

Health Issues and Emotional or Other Challenges

Future Projections - What you look forward to/ how you wish to direct your life

How much time are you willing/able to devote daily to yoga and meditation?

What specifically do you wish to gain from our time together? And requests?

Anything else you would like to share.