

“DYNAMIC  
SKIING for WOMEN

q u e s t i o n n a i r e

name \_\_\_\_\_ age \_\_\_\_\_

profession \_\_\_\_\_

interests \_\_\_\_\_

\_\_\_\_\_

please describe any previous Feldenkrais® experience \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

what captured your interest about this program? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

skiing experiences...

how many years have you skied? \_\_\_\_\_

at what age did you begin skiing? \_\_\_\_\_

how did you learn? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

how experimental have you been with new equipment? \_\_\_\_\_

\_\_\_\_\_

what words best describe your attitude toward skiing? \_\_\_\_\_

\_\_\_\_\_

describe other sports activities \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

do you like speed? \_\_\_\_\_

how do you like to learn? (observing, listening, feeling, thinking, other .....)

---

---

what kinds of fears erode your confidence levels? (fear of looking foolish? fear of hurting yourself? fear of heights?

fear of wide open spaces? fear of not "getting it"? fear of success?) \_\_\_\_\_

---

---

---

what is your general level of fitness? \_\_\_\_\_

---

what injuries have you experienced which still bother you? \_\_\_\_\_

---

what are your successful sport experiences? \_\_\_\_\_

---

---

how do you perceive yourself athletically? \_\_\_\_\_

---

what are you are specifically interested in learning from this seminar in regards to your skiing? \_\_\_\_\_

---

---

---

any other personal goals, interests or comments? \_\_\_\_\_

---

---

---

---