

“DYNAMIC

SKIING f o r 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? _____