

OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 2302-441, "Yoga, Food, & Body Image: Fall in Love With Your Body Through Yoga," with Chelsea Roff on June 21-23, 2013.

Below, please find a welcome letter from the faculty and a questionnaire for you to complete and return prior to the start of the course.

We look forward to seeing you this season!

Sincerely,
The Omega Staff

Greetings and Congratulations!

Thank you for registering for the *Yoga, Food, & Body Image* Retreat at Omega Institute. Since most of us haven't met before, I wanted to take a moment to introduce myself and connect with you about what to expect for our upcoming weekend together.

My name is Chelsea Roff, and I'm a writer, speaker, and yoga teacher currently living in Venice, California. I'm originally from Austin – a city I'm much more comfortable calling home – and definitely a Texan at heart. I'm very excited to meet you all, and in the interest of keeping this first letter brief I'll invite you to visit my website if you'd like to learn more about my background and what inspires me to teach on this topic. To read some of my past writing on this subject, you can go to www.chelsearoff.com and click on 'Articles.'

I'd like to congratulate you, first, on making the decision to attend a retreat focused on food and body image to begin with. For many of us, our relationship with our body is a topic that feels both private and vulnerable, and choosing to attend a program of this nature is a courageous first step. I believe we have so much to gain when we bring conversations about food and body image into community. I'm looking forward to sharing this time with you.

To help me ensure our time together is as valuable to you as possible, I'd like to learn more about you and what inspired you to sign up for this retreat. I am including a short questionnaire about your needs and goals below. Please complete it and send it back as soon as possible.

I am not one to assign homework before a retreat (it's difficult enough to set aside time to attend a retreat at all!), but if you would like to do some reading to prepare for our time together I'm including a few recommended books below:

- *21st Century Yoga: Culture, Politics & Practice*, edited by Carol Horton & Roseanne Harvey
- *Eating in the Light of the Moon: How Women Can Transform Their Relationship With Food Through Myths, Metaphors, & Storytelling*, by Anita A. Johnston
- *The Good Body*, by Eve Ensler (audiobook format recommended)

I am so looking forward to our time together at Omega. Don't hesitate to reach out if you have any questions about the content or format of the retreat in regard to your personal needs.

Warmly,

Chelsea

**Yoga, Food, & Body Image Retreat with Chelsea Roff
Pre-Retreat Questionnaire**

This questionnaire is designed to help me cater the retreat to your personal needs and goals. Please fill it out quickly with your initial thoughts and feelings. There is no “right” or “wrong” answer. Please return your completed questionnaire by:

Mail:

Omega Institute
Attention: Registration Department
150 Lake Drive
Rhinebeck, NY 12572

Or scan and email:

ClassApplications@eOmega.org

All questions are optional and all information is confidential.

Today's Date _____

Name _____

Birth Date _____

Home Address _____

Email Address _____

Home Phone _____

Cell Phone _____

____ Single ____ Married ____ Divorced ____ Other Children? _____ How

Many? _____

1. Why did you sign up for this retreat?

2. The following areas are of the most interest to me regarding my current needs.

Please number your top 5 areas in the order of importance to you.

- | | |
|---|---|
| <input type="checkbox"/> My relationship with food | <input type="checkbox"/> Body image |
| <input type="checkbox"/> Eating disorders | <input type="checkbox"/> Yoga/meditation |
| <input type="checkbox"/> Weight loss, gain or maintenance | <input type="checkbox"/> Menopause |
| <input type="checkbox"/> Emotional eating | <input type="checkbox"/> Exercise addiction |
| <input type="checkbox"/> Coping with stress | <input type="checkbox"/> Sexuality & Intimacy |
| <input type="checkbox"/> Interpersonal relationships | <input type="checkbox"/> Self-expression |
| <input type="checkbox"/> If other, Please describe: | |

3. Have you ever had, or are you currently struggling with, any type of eating disorder?

Please describe:

4. How would you characterize your relationship with food? Under-eater

Over-eater Emotional eater Binge/purge

Explain:

5. What are the first three thoughts that arise when you look in the mirror?

6. What made you sign up for this retreat?

7. Have you ever been hospitalized for an eating disorder or other mental illness?

Yes No

If yes, please describe:

8. Are you currently taking any medications?

Yes No

If yes, please describe:

9. Do you have a regular yoga or meditation practice?

Yes No

Please describe (type, frequency, etc):

10. Have you or are you currently struggling with any issues related to exercise addiction?

11. Describe your body in three words:

12. Do you have any specific dietary needs/preferences? ___Vegetarian ___Vegan
___Gluten free ___Other: _____

13. Please describe your current concerns about your health, fitness and/or wellbeing.

14. When things get stressful or chaotic in your life, what coping skills (healthy or unhealthy) do you most often rely on?

15. What do you love most about your life right now?

16. What are you most challenged by in your life right now?

17. Please add any comments or questions or concerns you may have.

Thank you!
Chelsea