Meditation with Julie Murphy — Personalized Private Classes

I am looking forward to exploring how you can benefit from the deeper benefits of a regular meditation practice.

Please answer the following questions and return them to me so that I can prepare appropriately for our time together. I look forward to meeting you.

1. *What are any obstacles that may be in the way of you living your most fulfilling life?*

2. *What is your **main focus or goal** for using these targeted meditation and relaxation techniques, e.g. for improved sleep, reduced anxiety, insight, clarity.*

3. *If you need **help with sleep**: do you typically find it hard to fall asleep, and/or do you wake up in the middle of the night and can't go back to sleep.*

4. *What best describes your meditation practice (brand new to meditation, some experience, regular meditator)?*

5. *Do you have any physical challenges (so that I can modify accordingly).*

6. *Are there any anxiety issues or physical challenges you would like to share with me in the context of this time together, including PTSD or a physical injury. (You may wish to focus your session on a specific area of your life, or you can explore these techniques as a generic experience—whichever is of most benefit to you).*

7. *Do you have any deep-seated extreme trauma you would like me to be aware of? (Meditation and yoga are generally considered safe activities, bringing calm and ease to people with a broad range of needs. If at any point you start feeling overwhelmed or highly anxious, please let me know immediately. If you suffer from profound depression, or other serious mental health problems, it is best to consult your doctor or a mental health professional and confirm that meditation is an appropriate activity for you).*

Thank you for your input,

Julie

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