

Rushing to Yoga Service Request Form

Indicate which type of service you or your organization is requesting. (Please complete one request form per type of service.)

- Motivational Keynote or Plenary Speaker** (please indicate topic selected below)
 - ___ Neuroscience behind Integrative Inquiry
 - ___ Need for Student Success Curriculum to address Loss of Learning and Development
 - ___ Learning and Development Theories that Inform the Design of Integrative Inquiry
 - ___ Introduction to Stress Reduction Techniques
 - ___ Explanation of why a Higher Education Degree is being De-Valued
 - ___ The Neuroscience of Learning
 - ___ What we do and do Not Know about Learning and Development
 - ___ Overview of Assessment and Research of the Efficacy of Integrative Inquiry
 - ___ How Conscious Choice-Making can Change the World
 - ___ Introduction to Compassionate Communication and its Correlation with Increased

- Class or Workshop**
 - ___ Focused Movement workshop (1-2 hours)
 - ___ Focused Breathing workshop (1-2 hours)
 - ___ Compassionate Communication Workshop (1-3 hours)
 - ___ Conscious choice-Making Workshop (3 hours)
 - ___ Stress Reduction Techniques Workshop (3 hours)
 - ___ Integrative Inquiry workshop (2 hours)
 - ___ Integrative Inquiry workshop (4 hours)
 - ___ Integrative Inquiry workshop (6 hours)
 - ___ Integrative Inquiry workshop (4 weeks- one 3 hour session per week)
 - ___ Integrative Inquiry workshop (8 weeks- one 3 hour session per week)
 - ___ Integrative Inquiry workshop (16 weeks- one 3 hour session per week)
 - ___ Integrative Inquiry workshop (32 weeks- one 3 hour session per week)
 - ___ One-on-One Integrative Inquiry coaching
 - ___ Other, please specify in detail _____
 - ___ Check here if you need to consult with a Rushing to Yoga coach to determine you and/or your organizational needs

Individual Contact Name: _____
Organizational Name (if applicable) _____
Address: _____
Phone: _____
Email: _____
Fax: _____

Please indicate in 500 words or less what you need for the Rushing to Yoga foundation to provide to you and/or your organization.

Please indicate in 500 words or less what you or your organization wants to do or be as a result of having participated in the Rushing to Yoga curriculum.

Please share what else you want us to know that we have not yet asked of you.

Email Completed form to:
Rushing to Yoga Foundation,
rushingtoyoga@gmail.com
Tel: (619) 733-3278