



## AYI – Personal Introduction Storyboard

**Simply answer the questions provided. Answer honestly, with as much details as possible for yourself. The detail can always be dialed back in our actual presentation/delivery.**

How was I introduced to yoga? How did I get started doing yoga? Describe your experience of getting ready and then going to your first yoga class.

What was your experience in that yoga class? What made you decide to go back to the class? How did you decide to keep doing yoga, to keep practicing? What has been the effects for you on your body, emotions, mind, and in your life?

What is the biggest or most significant change that yoga has provided for you/ continues to provide for you? What was the impact? How did it make a difference?

What has led you to this point of being able to share yoga with other people? What has brought you to this place of learning yoga more and more so that you can help others with the practice?

What does yoga mean to you? Describe yoga in your own words and share why you think practicing yoga is important.