



1. Why were you attracted to VeraFlow? List out as many reasons as you can think of below:

2. Think of some people who you know that would enjoy VeraFlow - who do you see at your classes? Why do you think they would like the class so much?

3. What benefits do you think they would gain from coming to VeraFlow classes regularly? How will VeraFlow classes help people in their every day lives?

4. Looking at the issues below, add a benefit from VeraFlow to help with the problem. I've given you one example:

ISSUE	BENEFIT
"I'm so stressed out and never have a chance to just do something for myself to find a bit of peace."	Feel like you've had a full body massage Energise circulatory, respiratory and neuromuscular systems
"I often realise my shoulders are really tense and raised up. My neck gets painful from it too."	
"My mum is always telling me to sit up straight! But working in front of a computer all day I find it really hard. I get a lot of pain in my lower back as well."	
"My body really hurts after teaching. Especially the next day. My hips give me a lot of problems."	
"I often have a millions things going round in my head and find it difficult to concentrate. I also tend to replay situations and worry about a lot of things."	
"I don't like being told to think about my chakras. It's not me."	
"I miss dancing but don't feel like I can go to a dance class at this stage of my life and I find some other activities to be boring."	