

# Yogi's Survey

Kia ora e te whānau! Thank you so much for taking the time to complete my survey!

\* Indicates required question

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1. How would you define your ethnicity?

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2. How many years have you been practicing yoga? \*

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3. What are your yoga related qualifications?

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4. What are some of the benefits of yoga that you have experienced in your life?

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5. In your opinion, what are the best types of yoga for stress and anxiety and why? \*

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6. Do you think medical students will benefit from regular yoga and mindfulness practice? \*

*Mark only one oval.*

- ☐ Yes
- ☐ Maybe
- ☐ No

7. If yes, how do you think medical students will benefit from yoga?

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8. What are some practical ways or ideas that you think institutions such as universities could implement yoga and mindfulness to help their students? \*

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