



Sample Interview Questions

What gave you the inspiration for the book?

Is there any age range for people who may be able to do these poses?

Can you briefly describe one of the poses?

How are your poses different from simple stretching?

How long did it take to write this book?

What do you feel are the most significant benefits from the exercises in this book?

I see that you talk about intention in the book. Can you tell me more about that?

I see that you also work with organizations on their leadership and teamwork. How is this book related to that work?

You've mentioned to me that organizations may find this book useful to them. Can you tell me how that might work?