

# Phase 1 Checkpoint Review



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Phase Start Date: \_\_\_\_\_

Checkpoint Date: \_\_\_\_\_

## Pelvic Floor Module

Success

Strength: Success is achieved when you can perform a controlled gentle squeeze of a finger inserted in the vagina giving a score of at least 3 on the strength scale. This is the equivalent of a weak contraction with no lift. Note: You don't have to squeeze your finger hard; you just need to sustain a gentle controlled contraction for the count of five, while breathing with your body relaxed.

Yes

No

Relaxation: Success is achieved when you can relax your pelvic floor fully in all the positions specified and no longer feel the symptoms of hypertonicity. Note: Reverse Kegels can help to release pelvic tension, however, you will continue to practice the reverse Kegels module through the entire program and so you should not achieve success with the pelvic floor relaxation at this phase\* this should not prevent you from proceeding to the next phase.

Yes

No

## Breathing Module - Nasal Breathing

Success

Success is achieved when you can breathe through your nose while keeping your neck, shoulders and upper back relaxed, which ensures you are using your diaphragm to power your breathing.

Yes

No

## Movement Module - Yoga Preparation Sequence

Success

Success is achieved when you move through the sequence with ease and can comfortably perform a downward facing dog, one of the most basic yoga poses. You don't have to have straight legs or heels on the floor, but you should be able to lengthen your spine and breath in the Downward facing dog.

Yes

No

## Relaxation Module - Restorative Yoga Sequence

Success

Success is achieved when you can completely relax your entire body in each of the positions.

Yes

No

## Mind & Meditation Module - Yoga Nidra Body Scanning Meditation

Success

Success is achieved when you can completely relax your entire body for the duration of the meditation.

Yes

No

## Phase 1 Checkpoint Review

Success

Have you achieved the success objectives and do you feel that you are ready to proceed to the next phase of training?

Yes

No

If no, please continue at the preparation level until you are ready to proceed.

If yes, this is also the end of the Preparation difficulty level. You should retake your assessments to measure your progress after completing the preparation level.

## Progress Milestone Review - Preparation Level

Success

Have you already achieved your preparation level goal?

Yes

If no, you have the option to repeat the preparation phase until you feel ready to proceed.

No

If yes, proceed to Phase 2. Make sure to update your schedule. Good Luck!