

# Phase 2 Checkpoint Review



EMPOWER  
your.flower

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

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

## Pelvic Floor Module

Success

Strength: Success is achieved when you can perform a controlled squeeze of a finger inserted in the vagina giving a score of 4 on the strength scale which is the equivalent to a weak contraction with weak lift. You should be able to maintain this contraction with weak lift for the count of 5, while breathing calmly and having 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 - Breath Strengthening

Success

Success is achieved when you can inhale sufficiently and perform the exercise of filling the balloon without the feeling of exhaustion, all the while maintaining balanced intra-abdominal pressure.

Yes

No

## Movement Module - Yoga Basics Sequence

Success

Success is achieved when you can comfortably move through the sequence. It should be easy for you to complete the session without getting out of breath.

Yes

No

## Relaxation Module - Yin Yoga Forward Folding Sequence

Success

Success is achieved when you can relax into your own body's pattern of tension, meeting the very edge of your discomfort without moving into pain.

Yes

No

## Mind & Meditation Module - Flex your mind to flex your muscles

Success

If you performed the "flex your mind to flex your muscles" meditation, success is achieved when you can perform this meditation imagining strong contractions while keeping your body completely relaxed. This is harder than it sounds and does require practice. If you replaced that meditation with Yoga Nidra, success is achieved when you can completely relax your entire body for the duration of the meditation..

Yes

No

## Phase 3 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 with the phase 2 training until you are ready to proceed or regress to the phase 1 training if you felt this phase was too difficult.

If yes, proceed to Phase 3 of training. Remember, you can regress to the phase 2 training if you find the phase 3 to be too difficult. Listen to your body and good luck!