

Phase 4 Checkpoint Review



EMPOWER
your.flower

Phase Start Date: _____

Checkpoint Date: _____

Pelvic Floor Module

Success

Strength: Success is achieved when you can perform 10 quick flick contractions with a good contraction and complete relaxation each time. If you suffer from stress incontinence, you should see an improvement in symptoms as you get better at performing these contractions.

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 should not prevent you from proceeding to the next phase.

Yes

No

Breathing Module - Nadi Shodhana

Success

Success is achieved when you can easily perform the exercise without instruction with a comfortable 16 count exhalation.

Yes

No

Movement Module - Rebalancing Yoga

Success

Success with this module is achieved when you can comfortably flow through the yoga practice without feeling off balance. It should feel good in your body and you shouldn't feel pain in any of your joints.

Yes

No

Relaxation Module - Yin Yoga Twists & Lateral Movement

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. In this phase particular focus was given to lateral and twisting movements.

Yes

No

Mind & Meditation Module - Conquer your Fear Meditation

Success

Success is achieved when you are feeling happier because you are automatically boarding positive thought trains instead of continuing to travel through old patterns of negative thinking. Extra success if you have managed to change your mind regarding the taboo surrounding Pelvic Floor Dysfunction.

Yes

No

Phase 4 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 4 training until you are ready to proceed, or regress to the phase 3 training if this phase felt too difficult.

If yes, this is also the end of the Beginner difficulty level. You should retake your assessments to measure your progress after against your earlier results.

Progress Milestone Review - Beginner Level

Success

Have you already achieved your beginner level goal?

Yes

If no, you have the option to repeat the phase 4 of the beginner level training.

No

If yes, proceed to the intermediate level starting with Phase 5. Good Luck!