

# Phase 5 Checkpoint Review

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

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



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## Pelvic Floor Module

Success

**Strength:** Success is achieved when you can achieve a steady co-contraction of your deep core (transverse abdominals) and pelvic floor during active functional movements. This will require balanced intra-abdominal pressures which should be achievable due to having completed the earlier phases of training.

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 - Basic Hypopressive

Success

Success is achieved when you can perform a stomach vacuum.

Yes

No

## Movement Module - Bandha Strength Yoga

Success

Success with this module is achieved when you can maintain the co-contraction of your bandhas throughout your strong yoga practice. This will have a dramatic impact on your functional pelvic floor control.

Yes

No

## Relaxation Module - Yin Yoga Hip Openers

Success

As with phase 4, success with Yin yoga is achieved when you can relax into the hip opening positions which are often the location of excess tension and one of the key locations where we store "issues in our tissues".

Yes

No

## Mind & Meditation Module - Kirtan Kriya Meditation

Success

Success is achieved when you have established a regular practice of this meditation, which you should feel comfortable with adopting as part of your normal life.

Yes

No

## Phase 5 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 5 training until you are ready to proceed or regress to phase 4 if this phase felt too difficult.

If yes, please proceed to Phase 6 which is the final phase at the intermediate level. You are more than half way, keep up the great work!