

Phase 6 Checkpoint Review



EMPOWER
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Phase Start Date: _____

Checkpoint Date: _____

Pelvic Floor Module

Success

Strength: Success is achieved when you have the ability to perform a controlled squeeze of a finger inserted in the vagina giving a score of 8 on the strength scale which is equivalent of a good contraction with a strong lift. You should be able to sustain a strong contraction for the count of 10 with the co-contractions happening naturally.

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 comfortably perform the hypopressive routine achieving a stomach vacuum in all positions.

Yes

No

Movement Module - Rebalancing Yoga

Success

Success with this module is achieved when you can perform max strength Kegels in yoga poses without compromising the balance of tension throughout your limbs.

Yes

No

Relaxation Module - Yin Yoga Twists & Lateral Movement

Success

As with phase 5, success with Yin yoga is achieved when you can relax into the positions. When we reach the pelvic floor through the hips, there can sometimes be an emotional release. This is a deep letting go and I always feel great following this type of release. You should be feeling that your pelvic floor is less tense.

Yes

No

Mind & Meditation Module - Conquer your Fear Meditation

Success

Success is achieved when you see an increase in your self-esteem which is a crucial step on your journey of empowerment.

Yes

No

Phase 6 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

If no, please continue at the with the phase 6 training until you are ready to proceed, or regress to the phase 5 training if this felt too difficult.

No

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

Progress Milestone Review - Intermediate Level

Success

Have you already achieved your Intermediate level goal?

Yes

If no, you have the option to repeat the phase 6 of the intermediate level training.

No

If yes, proceed to the advanced level starting with Phase 7. Good Luck!