

# Phase 7 Checkpoint Review



EMPOWER  
your flower

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

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

## Phase Checkpoint

### Pelvic Floor Module

Success

Strength: Success is achieved when you can achieve a controlled squeeze of a finger inserted in the vagina with a score of 8 when rotating the body to either side. You should be able to sustain this 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 - Basic Hypopressive

Success

Success is achieved when you can achieve a good stomach vacuum with a strong pelvic floor contraction during a unilateral movement (with maximum strength Kegel if you are working on pelvic floor strength).

Yes

No

### Movement Module - Bandha Strength Yoga

Success

Success with this module is achieved when you feel comfortable working through this sequence while maintaining balanced intra-abdominal pressure.

Yes

No

### Relaxation Module - Yin Yoga Hip Openers

Success

As with phase 6, success with Yin yoga is achieved when you can relax into the positions. Your body may be sufficiently open that you no-longer find an edge in these poses. If so, just enjoy the deep relaxation as your reward for consistent practice.

Yes

No

### Mind & Meditation Module - Kirtan Kriya Meditation

Success

Success is achieved when you find yourself feeling that you have more control over your thoughts and moods and that you are learning to accept all parts of yourself.

Yes

No

### Phase 7 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 7 training until you are ready to proceed, or regress to the Phase 6 training if you felt that you are not ready for Phase 7.

If yes, please proceed to Phase 8 which is the final phase of the Eight-phase training. Your empowerment is within reach!!!

## Advanced Level - Phase 7