

Phase 8 Checkpoint Review



EMPOWER
your flower

Phase Start Date: _____

Checkpoint Date: _____

Pelvic Floor Module

Success

Strength: Success is achieved when you can perform these dynamic activities thoughtlessly and fearless without needing to use conscious effort to engage your bandhas. Pelvic floor control at this stage level should become automatic.

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.

Yes

No

Breathing Module - Basic Hypopressive

Success

Success is achieved when you can relax your entire body using only your lower abdominals to power the breath. When you master this breathing technique, you will feel energized following this practice.

Yes

No

Movement Module - Bandha Strength Yoga

Success

Success with this module is achieved when you feel empowered to do the things that your pelvic floor was previously preventing.

Yes

No

Relaxation Module - Yin Yoga Hip Openers

Success

As with phase 8, success with Yin yoga is achieved when you can relax into the positions. At this point, you should have a well-established yin practice and should be seeing the benefits with reduced pelvic floor hypertonicity and enhanced flexibility in all planes of movement.

Yes

No

Mind & Meditation Module - Kirtan Kriya Meditation

Success

Success is achieved when you feel you are truly empowered to live your best possible life.

Yes

No

Phase 8 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 8 training until you are ready to proceed, or regress to the Phase 7 training if you felt that you are not ready for Phase 8.

If yes, proceed with the Progress Milestone review where you repeat the initial assessments checking your progress against the advanced level goal that you had set for the program.

Progress Milestone Review - Advanced Level

Success

Have you already achieved your advanced level goal?

Yes

If no, you have the option to repeat the phase 8 of the advanced level training.

No

If yes, well done, you have empowered your flower and can get on with your life!