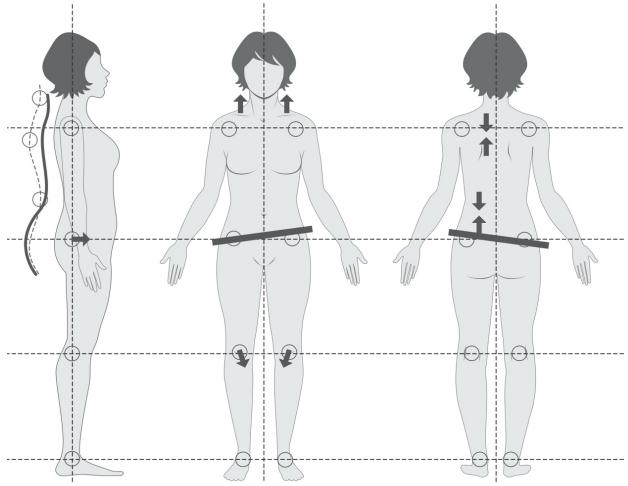
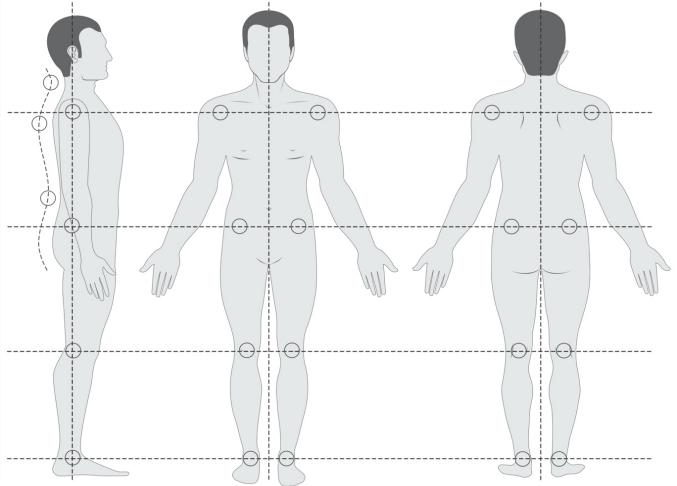


## Example of structural observations

	
Cervical spine	<i>Rigid</i>
Thoracic spine	<i>Flattened curve, mobile</i>
Lumbar spine	<i>Excessive curve, very mobile</i>
Neck	<i>Tendency to tense up the neck and jaw</i>
Upper back	<i>More developed and rigid on the L side; she connects it to the left SI pain</i>
Shoulders	<i>Tense, elevated</i>
Arms/wrists	<i>Symmetrical, evenly developed</i>
Lower back	<i>Appears tighter on the L side; she connects it to the left SI pain</i>
Pelvis	<i>Uneven, R hip is lower and further forward than L</i>
Hips	<i>E. feels that her R hip is stable/stiff, and her L hip is unstable/loose</i>
Knees	<i>Turned in equally</i>
Feet/ankles	<i>Frequent cramps in L foot</i>
Additional observations	
<i>Loose ligaments, lack of stability in the structure</i>	

## Example of movement observation

1.		<i>PELVIC TILT.</i> Wide ROM in both directions, tends to assist with her glutes by pressing her feet into the ground. Shoulders ride up, neck tenses.
2.		<i>WIND RELEASE POSE/APANASANA.</i> Uses her arms instead of her abdomen. R leg moves outward more and in a jerky fashion when she pulls her knees in.
3.		<i>SUPINE LEG EXTENSION.</i> Smooth, consistent movement in the R hip; uncertain, inconsistent movement in the L hip, L leg turns outward.
4.		<i>SUNBIRD POSE/CHAKRAVAKASANA.</i> Wide ROM in thoracic and lumbar curves. Places more weight on her R knee. L foot cramps and consistently turns inward.
5.		<i>COBRA/BHUJANGASANA.</i> Excessive curve in the lower back. R hip tends to lift off the ground when the upper body goes up. Reports feeling a slight "tinge" on the L side of the sacrum.
6.		<i>SUNBIRD POSE/CHAKRAVAKASANA.</i> Same as above.
7.		<i>ONE-LEGGED CAMEL POSE/EKAPADA USTRASANA.</i> Wide ROM in thoracic spine. Both hips appear strong, no "hanging on the hip" in the pose. L foot turns inward.
8.		<i>SUNBIRD POSE/CHAKRAVAKASANA.</i> Wide ROM in thoracic and lumbar curves. The weight distribution seems more even on both knees. L foot turns inward.
9.		<i>EXTENDED SIDE ANGLE/UTTHITA TRIKONASANA.</i> Wide ROM in lateral bend on both sides. L side appears tighter, particularly right above the hip.
10.		<i>WIDE-LEGGED STANDING FORWARD BEND/PRASARITA PADOTTANASANA.</i> Places more weight on the R foot. R hip pushes forward when knees are bent. Reports feeling more pull in L inner thigh.
11.		<i>CONSCIOUS BREATHING.</i> Deep, consistent breathing through the nose; can get to 10-sec IN/EX without strain. Movement in both chest and belly. Shoulders and neck stay relaxed. Able to follow instructions and stay focused throughout the entire practice.

## Example of an Ayurvedic assessment

Ayurvedic type

Vata  Pitta  Kapha  Vata/Pitta  Vata/Kapha  Pitta/Kapha  Tridosha

Most pronounced qualities

**Vata:**  Dry  Light  Cold  Rough  Subtle  Mobile  Clear

**Pitta:**  Hot  Sharp  Light  Liquid  Mobile  Oily

**Kapha:**  Heavy  Slow/dull  Cold  Oily  Dense  Smooth  Soft  Static

Balanced characteristics *Medium height, muscular built, strong and purposeful movements, loose joints, sensitive to heat, variable appetite, keen and sharp mind, competent at work, motivated and driven*

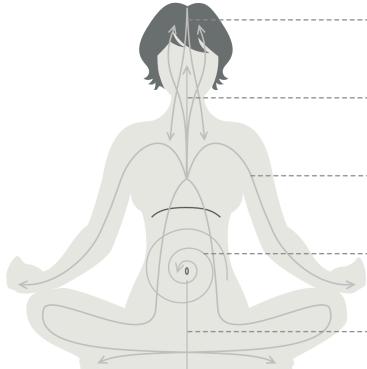
Signs of imbalance *Recurring lower back pain (with quality of sharpness), ongoing digestive distress (with quality of acidity), feelings of anxiety that manifest as occasional sharp stabs in his stomach (quality of sharpness), issues with consuming rage (quality of heat) that he is trying to do everything in his power to overcome. Long hours at work, intense involvement in every aspect of his work, perfectionism.*

Observations *L appears to have a lot of inner intensity, and he is intent on controlling it, often by suppression. He confided that he often felt like he was on fire and sometimes that inner fire felt all-consuming. We discovered that he unconsciously "self-medicated" by spending time on his friend's boat. He felt the best when he was on the water, surrounded by friends.*

Practice recommendations *Less intense, non-competitive practice, cooling breath. Include a meditation to channel his inner fire in a productive way to warm up his heart and fuel his passion, to warm up his throat and purify his speech, to illuminate the mind and give him mental clarity. Turn the inner fire from the distracting force to a nurturing source of transformation.*

## Example of an energetic assessment

Vayu	Location	Movement	Action
PRANA	Chest, head	Downward/ Inward	INTAKE
UDANA	Throat region	Upward	GROWTH
VYANA	Throughout the body	Outward from the center	DISTRIBUTION
SAMANA	Navel region	Toward the center	PROCESSING
APANA	Pelvic region	Downward/ Outward	ELIMINATION



The diagram shows a person in a meditative lotus pose with various energy pathways labeled. Arrows indicate the direction of energy flow: PRANA (downward/inward in the chest/neck), UDANA (upward in the throat), VYANA (outward from the center throughout the body), SAMANA (toward the center in the navel area), and APANA (downward/outward in the pelvic region).

### Locations of discomfort

- Chest/head  Navel region  Throughout the body  Pelvic region  Throat region

*Heavy periods, frequent diarrhea, feeling of anxiety "in the pit of the stomach"*

### Directions of the strongest energy movement

- Downward/inward  Toward the center  Outward from the center  
 Downward/outward  Upward

### Directions of impeded energy movement

- Downward/inward  Toward the center  Outward from the center  
 Downward/outward  Upward

### Systems affected

- Sensory  Endocrine  Respiratory  Digestive  Reproductive  Muscular  
 Skeletal  Nervous  Circulatory  Urinary  Lymphatic  Integumentary

*Observations M. confided that she felt tired all the time because she felt that whatever energy she was able to generate was "leaking out." She was feeling weak and devitalized; every task felt difficult. She is distressed about being unable to hold on to important relationships in her life.*

*Combined with physiological signs of frequent diarrhea and heavy periods, this points to an apana vayu imbalance.*

*Practice recommendations Choose practices that focus on retaining the quality of the apana vayu: poses that build stability from the ground up, mula bandha-like pelvic floor contraction, emphasis on holding after exhale, identifying, and engaging in nourishing activities.*

## Example of a personality assessment

Excess,  balance, and  deficiency in each chakra's qualities		
 <b>SAHASRARA</b> <i>Inspiration, transcendence</i>	E: Overly intellectual, addicted to mental and spiritual pursuits B: Inspired, conscious, joyful D: Lacking meaning and inspiration, limited beliefs, apathetic	
 <b>AJNA</b> <i>Knowledge, meaning</i>	E: Unable to concentrate, delusional B: Able to see clearly, has strong values and robust imagination D: Deluded, misguided in values and priorities, unimaginative	
 <b>VISHUDDHI</b> <i>Communication, self-expression</i>	E: Excessively talkative, unable to listen, oversharing B: Expressive, able to communicate effectively and clearly D: Unable to communicate appropriately or express oneself	
 <b>ANAHATA</b> <i>Love, belonging</i>	E: Possessive, jealous, codependent B: Loving, compassionate, balanced, maintains good relationships D: Resentful, judging, jealous, lonely, isolated, bitter	
 <b>MANIPURA</b> <i>Self-esteem, achievement</i>	E: Dominating, controlling, aggressive, scattered, overly active B: Confident, able to handle challenges, has sense of purpose D: Lacking self-confidence, unable to adapt, passive, weak-willed	
 <b>SVADHISTHANA</b> <i>Creativity, procreation</i>	E: Overly emotional, lack of boundaries, addictive, obsessive B: Enthusiastic, interested, vital D: Repressed, inhibited, dull, emotionally numb	
 <b>MULADHARA</b> <i>Survival, safety</i>	E: Sluggish, procrastinating, excessively materialistic, monotonous B: Trusting, stable, secure D: Fearful, insecure, unstable, undisciplined, restless, spacey	
<p>Symptoms of imbalance <i>S. is prone to emotional outbursts, tends to get obsessive about her colleagues at work, has difficulty maintaining professional boundaries, consistently overshares</i></p> <p>Observations <i>S. The sacral chakra excess seems to manifest as strong, fluctuating emotions, many superficial relationships, and extreme emotional sensitivity. The throat chakra excess seems to manifest as an inability to listen and express herself and overshares.</i></p> <p>Practice recommendations <i>Include poses that bring attention to the pelvic region and the image of the pelvis as a container for liquids/emotions, cultivate pauses and quiet reflections throughout the practice, use loud-to-quiet humming to regulate vocal output, use the image of a still lake reflecting moonlight in meditation.</i></p>		

**Long-term goal:** The client will be able to go to bed at 10 p.m. and stay asleep for eight hours without nightly awakenings within one month.

## Objectives

Session 1	<p>The client will make changes to their bedtime routine by avoiding caffeine after 3 p.m., eliminating exposure to electronic screens after 8 p.m., engaging only in low-intensity activities after 8 p.m., and taking a warm shower at 9 p.m. before the next session.</p>	<ul style="list-style-type: none"> <li>• Evaluate sleep hygiene</li> <li>• Discuss changes to bedtime routine</li> <li>• Design bedtime langhana practice</li> </ul>
Session 2	<p>The client will get in the habit of practicing their 15-minute yoga routine at 9.30 p.m. within two weeks.</p>	<ul style="list-style-type: none"> <li>• Review and refine the bedtime routine</li> <li>• Discuss and finalize a short langhana yoga practice</li> <li>• Provide visual aids to help the client remember the practice</li> </ul>
Session 3	<p>The client will follow a 10-minute guided relaxation exercise while in bed before falling asleep in the evening within three weeks.</p>	<ul style="list-style-type: none"> <li>• Discuss and evaluate the client's response to the yoga practice</li> <li>• Introduce a 10-minute guided relaxation exercise to be done in bed</li> <li>• Provide the client with a recording of the exercise</li> </ul>
Session 4	<p>The client will follow a 10-minute guided relaxation exercise during nighttime awakenings within four weeks.</p>	<ul style="list-style-type: none"> <li>• Evaluate the client's response</li> <li>• Analyze progress and obstacles</li> <li>• Set new goals</li> </ul>

Your own set of objectives might look completely different based on your training, experience, and teaching preferences. The important part is creating some sort of an action plan that organizes your thinking and maps out your path forward.