

Prana Vayu Evaluation Worksheet

Interview and Intake: Physiological Evaluation	Interview and Intake: Mental/Psychological	Breath Evaluation	Relationship of movement and sensation: Introspective asana and relaxation practice
<p>Prana Vayu</p> <ul style="list-style-type: none"> ○ Heart ○ lung/respiratory <p>Apana Vayu</p> <ul style="list-style-type: none"> ○ Elimination ○ Menstrual <p>Samana Vayu</p> <ul style="list-style-type: none"> ○ Digestive ○ GI ○ Absorption <p>Udana Vayu</p> <ul style="list-style-type: none"> ○ Throat ○ Thyroid ○ Speaking <p>Vyana Vayu</p> <ul style="list-style-type: none"> ○ Circulation ○ Distribution of energy ○ Nervous system flow- movement disorder- MS/Parkinsons 	<p>Prana Vayu</p> <ul style="list-style-type: none"> ○ Capacity to receive, sense, let in <p>Apana Vayu</p> <ul style="list-style-type: none"> ○ Capacity to let go, release patterns, habits, thoughts, behaviors <p>Samana Vayu</p> <ul style="list-style-type: none"> ○ Capacity to integrate <p>Udana Vayu</p> <ul style="list-style-type: none"> ○ Capacity to articulate, witness, and observe sensation, thought and emotion <p>Vyana Vayu</p> <ul style="list-style-type: none"> ○ Capacity to be fluid, to change, to expand beyond the egoic self 	<p>Prana Vayu:</p> <ul style="list-style-type: none"> ● Expansion up into the heart and chest and how deep is the inhalation. <p>Apana Vayu</p> <ul style="list-style-type: none"> ● How much do they expand lower abdominal area and how deep is the letting go on the exhale ● Capacity and ability to exhale fully <p>Samana Vayu</p> <ul style="list-style-type: none"> ● How much movement and expansion in the ribs and side body- is the breath integrated well <p>Udana Vayu</p> <ul style="list-style-type: none"> ● How much expansion into the collar bones <p>Vyana Vayu</p> <ul style="list-style-type: none"> ● How is the transition of the breath from one to the other and how does the breath move throughout the body 	<p>Prana Vayu:</p> <ul style="list-style-type: none"> ● How open and able are they to connect to movement and postures ● How much can they sense inside-body, emotions, thoughts as they are moving and holding postures. ● The capacity to bring in, to receive and to be aware of sensation in posture <p>Apana Vayu:</p> <ul style="list-style-type: none"> ○ Capacity to let go of sensation, emotion, belief that does not serve them in a posture. ○ The capacity to relax after the posture or let go after a posture <p>Samana Vayu:</p> <ul style="list-style-type: none"> ○ Capacity to integrate what they are feeling and letting go of. ○ Movement into Buddhi <p>Udana Vayu:</p> <ul style="list-style-type: none"> ○ The capacity to understand and articulate the quality of sensation, the emotions, beliefs that arise in the body and mind as they move, release and hold postures <p>Vyana Vayu:</p> <ul style="list-style-type: none"> ○ the capacity to bring a different perspective in, cultivate change in the relationship to sensation while in postures. ○ Capacity for Buddhi and self-awareness and to change the story and patterns of body and mind

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Examples of questions & deepening statements:

- What do you notice?
- How do you notice that in your body right now?
 - What happens when you stay with what you are feeling/noticing?
 - What happens when you add the breath?
 - As you stay with it what wants to happen? Allow that to happen (movement, breath, image)
 - Is there an emotional quality to this experience? Let yourself feel that- what happens when you stay with this?
- Stay with this energy and notice what happens when you add breath.
 - Tell me about the experience.
- Tell me about what is happening inside.
- What are you curious about right now?
- What are you most concerned about right now?
- What do you like or not like about this?
- What would serve you right now?
- What happens when you feel (_____)?
- What wants to happen or needs to happen?
- How has this served you and how is it no longer serving you?
- How can you bring (_____) into this moment? ...into your life?
- Tell me more about (_____).
- Can you stay with sensation and add breath and notice what happens?
- Is there a thought or belief that arises?
- Can you find a place that feels (the same/ opposite) ...and bring that here?
- Can you bring an intention here?
- What would feel good right now?
- Are there places that you can release?
- Are there places that can inform this experience?
- Notice thoughts and come back to sensation in the body.
- Notice and explore what this posture gives you the opportunity to see:
 - open-ness
 - strength
 - confidence
 - What else?
- Bring that in with the breath → an image, another posture felt that quality of being in, a word that embodies that, a time in your life that you felt that thing you are seeking.