Example of an energetic assessment

Vayu Location Movement Action						
UDANA Throat region Upward GROWTH VYANA Throughout the body the center Toward the center Downward/ Outward Pelvic region Outward Pelvic region Outward Toward Throat region Outward Toward Throat Pelvic region Downward/ Outward Locations of discomfort APANA Pelvic region Downward/ Outward 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/outward Toward the center Outward from the center Skeletal Nervous Circulatory Directions of 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		Vayu	Location		Action	
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