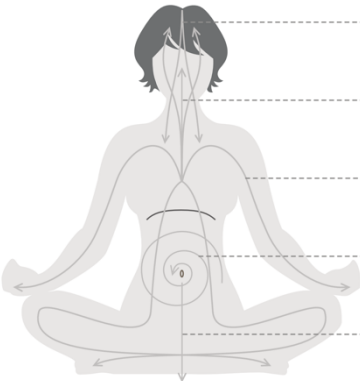


Example of an energetic assessment

	<i>Vayu</i>	<i>Location</i>	<i>Movement</i>	<i>Action</i>
	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

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.*