

\*\*This assignment is designed to deepen your experience with the course content and does not need to be submitted to ParaYoga.



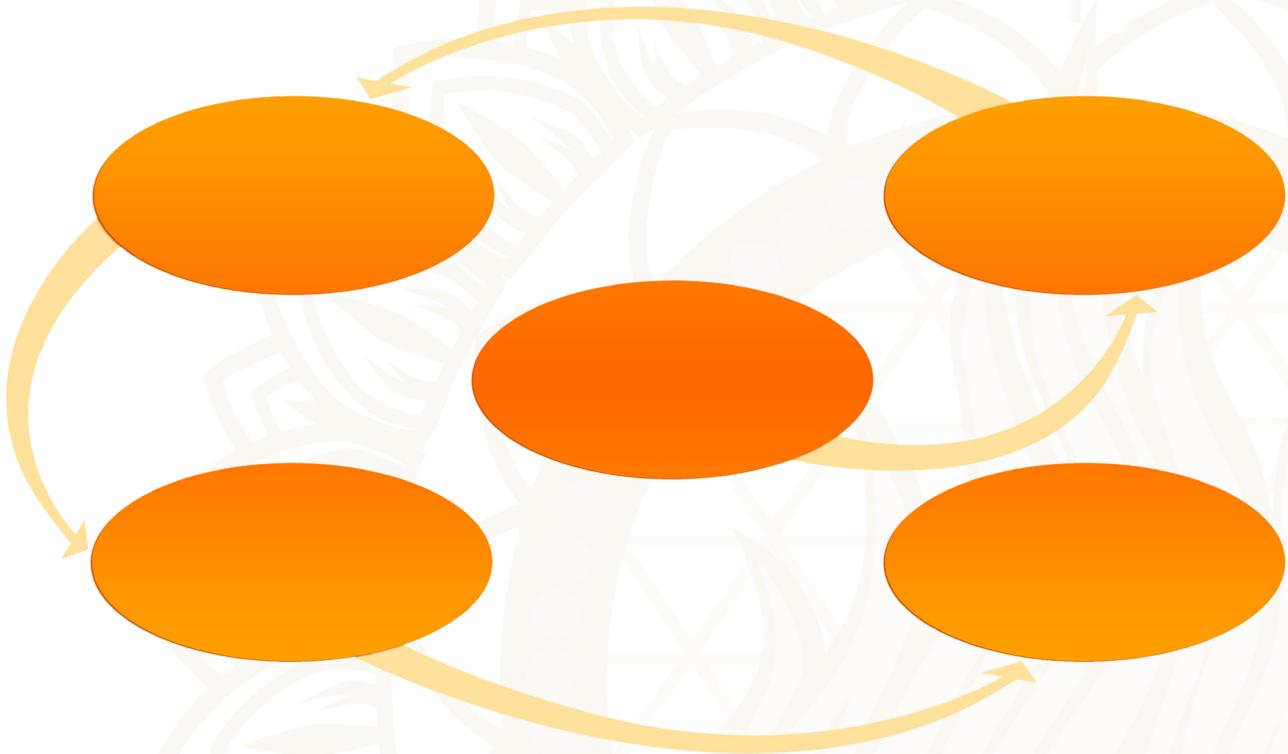
## Sequence Review and Mind Map Assignment Form

The Sequence Review and Mind Map Assignment consists of two parts. Part 1 is a sequence mind map and analysis section. Part 2 is a personal practice review.

Date:

Practice Title/Description:

In the spaces below, fill in each circle to mind map the sequence, depict all five essentials of the practice you just completed. Please remember to indicate the apex pose as well as the 3 – 5 key *asanas* that were used to prepare for it (remember: these preparatory poses are simpler and, in most cases, of the same category as the apex pose).



VINYASA KRAMA M13

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Write a short paragraph interpreting the relationship between each of the Five Essentials of this practice. Why and how did the Essentials in this practice work together synergistically in support of the overall practice (i.e. why a forward bend practice, accompanied by lengthening exhale and a 3rd eye meditation). There is not one right answer, however your answer must be based on the principles of *Vinyasa Krama*.

I. Pre-practice reflections. Briefly describe your state or quality of being prior to starting the practice on each of the following levels:

a. Physical (i.e. areas of tension, weakness, freedom, dullness, etc...)

b. Mental (i.e. was your mind scattered/focused, restless/calm, distracted/one-pointed?)



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c. Emotional (i.e. describe the presence of any strong emotion/mood—if applicable)

d. Energetic (i.e. describe your overall energetic state and any relevant details)

II. Post Practice Reflections.

Describe the ways in which the practice impacted you in each of the following areas:

a. Physically

b. Mentally/Emotionally

c. Energetically

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d. Spiritually

III. Practice Summary:

a. List any other insights, discoveries or challenges (i.e. new awareness, understandings, shifts in patterning or perceptions) as a result of practice.

b. Please list any noteworthy or unique aspects of the practice that you may want to reference at another time (i.e. sequencing, variations of postures, dynamic vs. static poses).