



Customize 3 Practices: Assignment

Your studies in ParaYoga have prepared you to skillfully apply *vinyasa krama* in order to help your students achieve their goals, both within their practice and, more importantly, in their life outside of practice. In this final assignment you will design three distinct practices for three unique individuals—feel free to refer to the Compendium and all parts of the manuals as much as you like.

For more detailed guidelines related to the assignment, refer to Module 15 in the manual.

Client A: Your intention is to decrease their *tamas* and increase their *samana*

Client B: Your intention is decrease their *rajas* and increase their *apana*

Client C: Your intention is to increase their *sattwa* and increase their *udana*

Part 1.

Create a realistic profile for each of the three clients (A, B, and C).

- Include specifics: age, lifestyle, job and symptoms as well as their particular level of desire to change and what you perceive as their likely level of compliance
- Refrain from creating an exaggerated case study; make the person as real as possible
- Don't make the exercise more difficult than it needs to be
- Both the profile of the person you are working with as well as your suggestions for them must be pragmatic

Part 2.

Determine the specific subtle essence (*prana*, *tejas* or *ojas*) you will focus on—and why—in order to remedy their symptoms related to their specific *vayu* and *guna* imbalance(s).

Part 3.

Based on Part 2, suggest two lifestyle changes to help build the specific subtle essence you've chosen to focus upon.

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Part 4.

This part includes two assignments:

- Specify the particular category of *asana* your client needs to emphasize
- List the apex pose and three to five supportive poses that you would recommend they use that lead to the apex

Part 5.

If you are going to suggest *pranayama*, specify which one, however be mindful that it needs to be appropriate for them (i.e. age, capacity, previous experience, physical limitations), therefore you may want to consider if their *pranayama* should be limited to their *asana* practice.

Part 6.

Meditation. What is your recommendation? If it is appropriate, consider the use of a preliminary meditation as well as culminating meditation practice. For additional guidelines and hints, see Module 15.

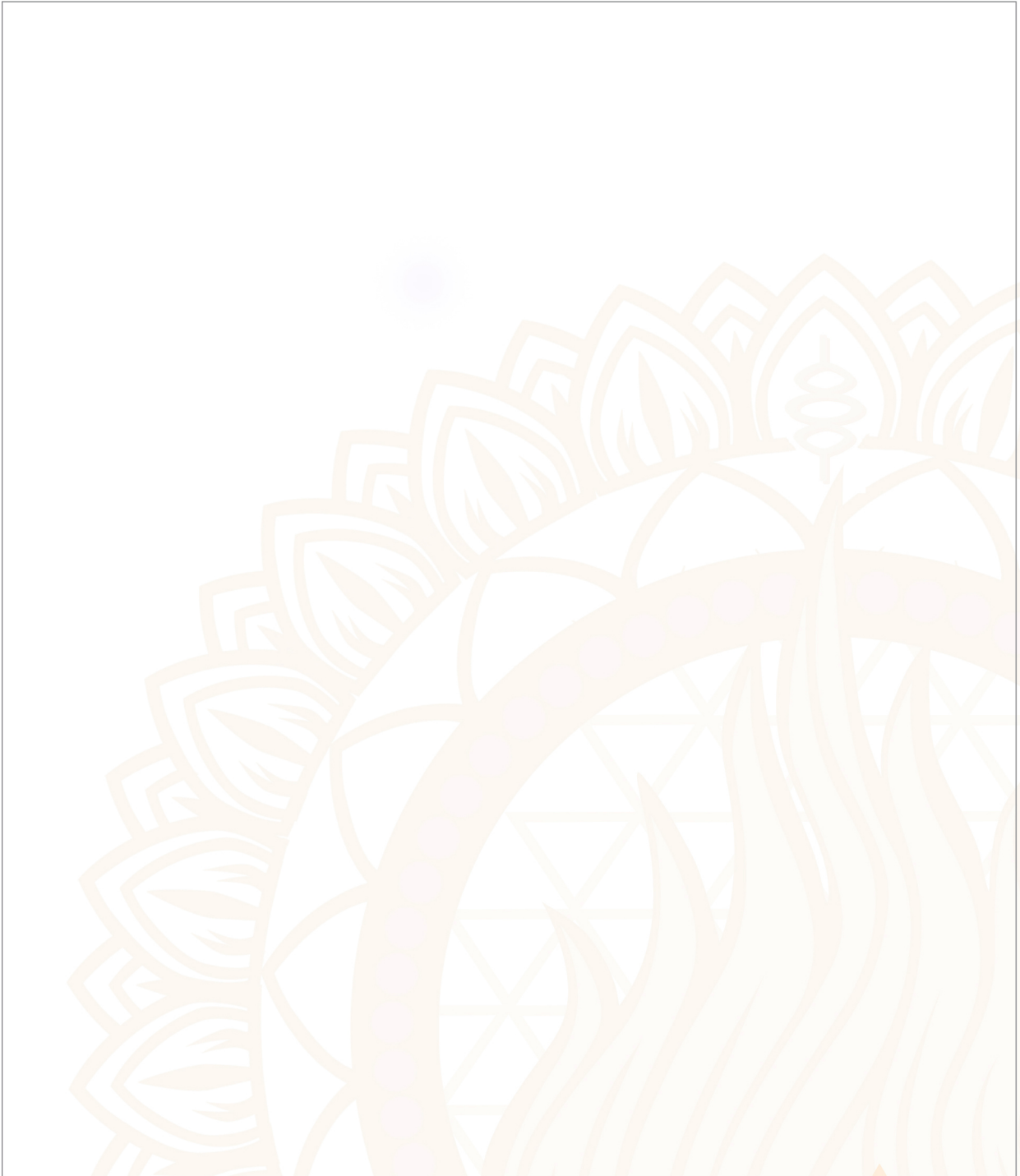
- If you choose to give any of your clients a *mantra*, choose one of the open ones and indicate which one you would suggest
- You will complete this part under the assumption that this is your first meeting with them, but that the two of you will meet again to refine their practice in 6 months; in the meantime, your suggestions (Parts 1 - 6) are intended to improve their immediate condition

Part 7.

You will now meet with your client six months later. They may have done everything you suggested; they may have done very little. Describe the specifics of your new suggestions (if they have changed or if they have not changed). Address all of the same steps (Parts 1 – 6) as above.



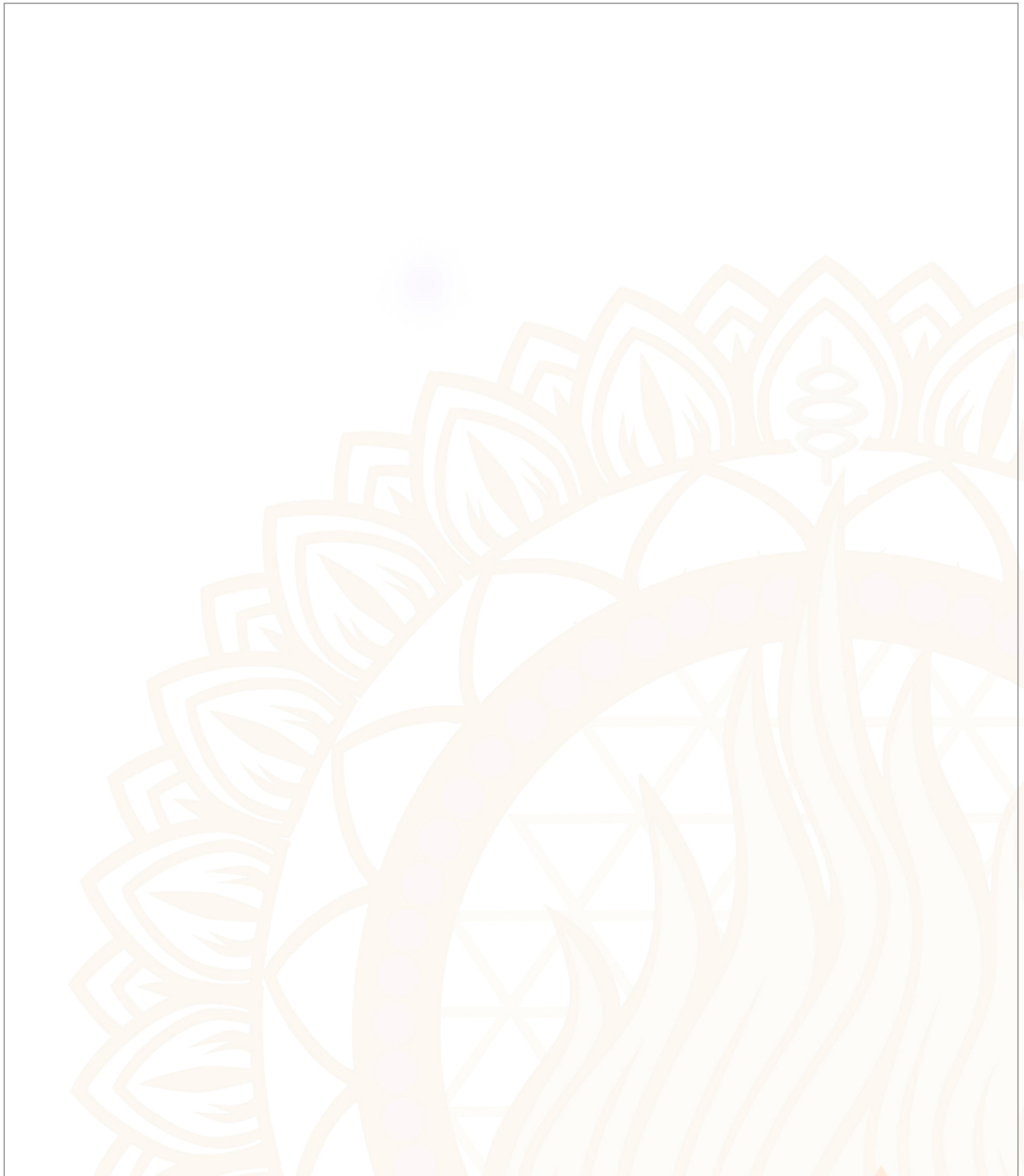
Client A:



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Client B:

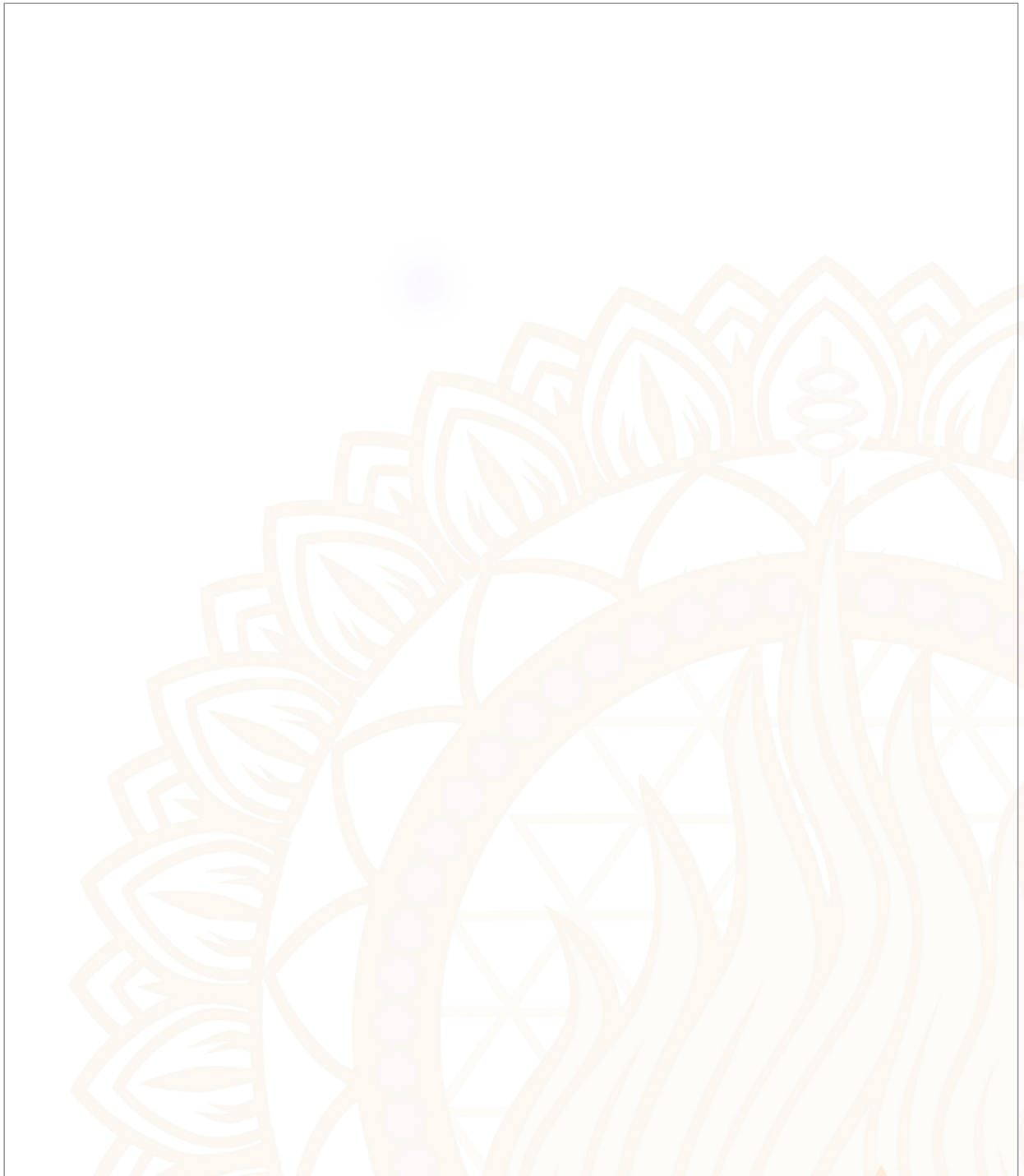


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Client C:



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