Designing A Personal Practice: The *Vinyasa Krama* Self Assessment

Based on your understanding of the teachings on the *doshas*, *vayus*, subtle essences/ *doshas* and your current condition and symptoms, fill in your answers to the questions below.

Part I.

1. I would benefit the most by increasing the following subtle *dosha*:

2. Briefly explain; list your symptoms in order of significance that led you to your conclusion.

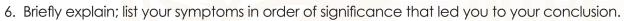3. I would benefit the most by pacifying the following *dosha*:

VINYASA KRAMA M32

4. Briefly explain; list your symptoms in order of significance that led you to your conclusion.

5. I would benefit the most by strengthening the following *vayu*:

6. Briefly explain; list your symptoms in order of significance that led you to your conclusion.

Part II:

7. I will employ the following two methods and/or lifestyle changes to increase the subtle essence/subtle *dosha* specified above.

8. The category of pose I will emphasize to treat my *dosha* and *vayu* is:

8b. The Apex pose I will emphasize to treat my *dosha* and *vayu* imbalance is:

9. The *pranayama* technique I will regularly practice is:

10. The meditation (if you have chosen to do a *mantra* practice, please specify which one) I will practice for a minimum of 40 days is: