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

Reflections on Practice Survey



This survey provides the opportunity to reflect on the unique aspects of the practice you just completed. Fill in your answers for each of the three categories below:
Date:
Practice Title/Description:
 Pre-Practice Reflections. Briefly describe your state or quality of being prior to starting the practice on each of the following levels:
Physical (i.e. areas of tension, weakness, freedom, dullness, etc)
Mental (i.e. was your mind scattered/focused, restless/calm, distracted/one-pointed?)
Emotional (i.e. describe the presence of any strong emotion/mood—if applicable)
Energetic (i.e. describe your overall energetic state and any relevant details)
TANTRA SHAKTI

Reflections on Practice Survey



II. Post Practice Reflections. Describe the ways in which the	he practice impacted you in each of the following areas:
Physical	
Energetically	
Mentally/Emotionally	
Merially, Errienerially	
Spiritually	
	TANTRA SHAKTI

Copyright ©2016 by Rod Stryker, All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, (electronic photocopy, recording or otherwise) without the prior premission of the copyright page.

Reflections on Practice Survey

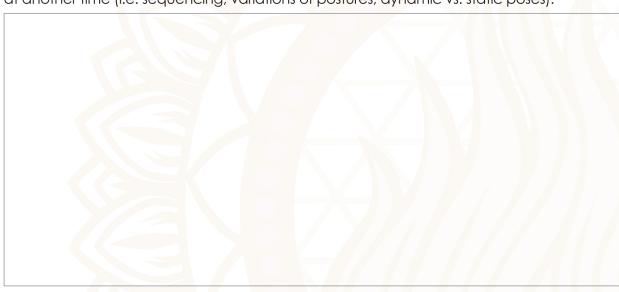
III. Practice Summary.



List any other insights	discoveries or challenges (i.e.	new awareness	understandings	chif

atterning or pe	erceptions)	that Unitola	ea auring c	or atter the	practice.	

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).



TANTRA SHAKTI