



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:

I. 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)

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II. Post Practice Reflections.

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

Physical

Energetically

Mentally/Emotionally

Spiritually

VINYASA KRAMA M8



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III. Practice Summary.

List any other insights, discoveries or challenges (i.e. new awareness, understandings, shifts in patterning or perceptions) that unfolded during or after 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).