

## **Yoga Therapy Client Self-Assessment**

*Please circle the words in each assessment that you feel best describes your overall state of being in the past few days.*

### **Physical Body Assessment**

#### **White:**

Disembodied  
Desire movement  
Frazzled nerves  
Depleted  
In pain  
Cold  
Shaky  
Restless  
Dryness

#### **Blue:**

Stuck  
Heavy  
Stiffness  
Sluggishness  
Foggy  
Stuffy  
Achy  
Toxic  
Excess mucous

#### **Red:**

Hot  
Itchy  
Puffy  
Hormonal  
Inflamed  
Burning  
Acidic  
Hypoglycemic  
Redness of skin

#### **Gold:**

Light in body  
Clear and clean body (not toxic)  
Radiant  
Strong  
Energetic  
Embodied  
Spacious  
Pain free  
Good digestion

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*Please circle the words in each assessment that you feel best describes your overall state of being in the past few days. Your teacher/ guide may need to test your breathing with you to discover your patterns.*

### **Breathing Assessment**

#### White:

Fast breathing  
Difficulty performing a long exhalation  
Difficulty performing a short hold after exhalation  
Dry cough and throat  
Crackling voice  
Laryngitis

#### Blue:

Wheezing  
Asthma  
Mucous  
Allergies  
Left nostril dominant  
Wet cough

#### Red:

Difficulty taking a big inhalation  
Tendency to hold your breath at top of inhalation  
Hot air comes out of mouth or nose on exhalation  
Right nostril dominant  
Forced breathing (may be loud)

#### Gold:

Breath is naturally long (more than 5 seconds)  
Breath is very smooth moving in and out of your body  
Inhalation is equal to exhalation  
No holding after inhalation or exhalation  
It is easy to close your eyes and focus on your breathing

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### **Mental/ Intellect Assessment**

#### White:

You take tests very fast  
You sometimes have trouble staying focused  
Auditory learner  
Quick to learn  
Quick to forget  
Creative mind

#### Blue:

You take tests very slowly  
You read questions multiple times  
Kinesthetic learner (through your body)  
Slow to learn  
Excellent long-term memory  
Mind resides in somatic body (you feel your way through learning process)

#### Red:

You take tests at a moderate pace  
You are good at staying focused with your attention  
You are a visual learner  
Your memory is average  
You are proud of your intelligence  
You feel that you have great clarity of mind

#### Gold:

You have an excellent short-term memory  
You have an excellent long-term memory  
You are self-aware of your impact on others  
You are able to focus in the present moment  
You are accepting of your intelligence and mental state  
You are very intuitive when you learn

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### **Personality Assessment**

#### White:

Ideas float down to you from the ether into your mind  
You are creative  
You like stimulating situations  
You are curious  
You need change and flexibility  
You love adventure

#### Blue:

You prefer safety and security  
You like stability  
You are very structured  
Having community is important to you  
You like your comforts  
You are reliable and dependable

#### Red:

You can set and reach goals  
You like challenges  
You like growing and transforming  
You like to understand and have clarity  
You have a certain amount of intensity  
You desire strong purpose in life

#### Gold:

You experience equanimity often  
You do not have strong preferences one way or another  
You do not have strong aversions  
You would rather have connection than be right  
You feel content most of the time

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### **Emotions/ Feelings Assessment**

#### White:

You are often overly enthusiastic  
You have a sensitive nature  
You get overwhelmed easily  
You are often impulsive  
You feel shocked by people on a regular basis  
You feel unnerved quite often  
You worry often  
You often feel depleted  
You get very giddy  
You often feel quite fragile

#### Blue:

You often feel numb  
You have a gloomy outlook  
You are grieving now  
You often feel tearful  
You often feel confused  
You often feel apathetic  
You often feel despondent  
You can be overly empathetic  
You can be very withdrawn  
You often feel disgruntled

#### Red:

You often feel proud of yourself or loved-ones  
You often feel angry or hostile  
You are very passionate  
You can be impatient  
You tend to get resentful  
You often feel frustrated  
You can error on side of over-confidence  
You lack self-compassion  
You can be self-absorbed  
You often feel contempt

#### Gold:

You usually feel empowered  
You often feel very loving  
You are usually very humble  
You are mostly mindful of your actions  
You are grateful and thankful for your life  
You most often feel confident  
You usually accept life just as it comes to you

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### **Spiritual Assessment**

#### White:

You do not feel grounded in your body (floating) when experiencing the spiritual  
You can be gullible and taken advantage of with spiritual matters  
You experience an alternate reality than most when it comes to spirituality  
You tend to be spacey when it comes to spirituality  
You can be easily manipulated in spiritual matters  
You sometimes have lack of discernment in spiritual matters  
You have tended to lack setting good boundaries in spiritual matters  
You tend not to protect yourself very well in spiritual matters

#### Blue:

You often feel lethargic and say why bother with spirituality  
You have lost hope and faith  
You do not put much the effort into cultivating your faith  
You have lost motivation to work on spiritual matters  
You see darkness in the world and feel despondent  
You are complacent with respect to your spirituality  
You feel corrupt or morally bankrupt  
You lack faith in something larger than yourself

#### Red:

You subscribe to a patriarchal system of spirituality/ religion  
You often feel all powerful when you are connected spiritually  
You would like others to watch and learn from you spiritually  
You know that your path to spirit is the correct path  
You know more about spiritual matters than most people  
There is only one road to the mountaintop  
You are comfortable with hierarchy of spiritual/ church officials  
You pride yourself on having moral superiority

#### Gold:

You are living with integrity in your spiritual life  
You are loving and kind to others  
You feel very spacious and receptive in your spirituality  
You feel very connected to spirit  
You are accepting of all faiths  
You feel full of light and radiance  
You are empathetic to others  
You often experience the freedom of letting your life go to spirit

## **Yoga Therapy Client Self-Assessment**

*Please circle the words in each assessment that you feel best describes your overall state of being at this time.*

### **1) Which qualities do you most identify with?**

|        |        |
|--------|--------|
| Rough  | Soft   |
| Dry    | Smooth |
| Hard   | Hot    |
| Cold   | Clear  |
| Heavy  | Subtle |
| Dull   | Liquid |
| Stable | Mobile |
| Solid  | Sharp  |
| Dense  | Light  |
| Gross  | Oily   |
| Cloudy |        |

### **2) Which seasons do you feel best?**

|        |        |
|--------|--------|
| Fall   | Spring |
| Winter | Summer |

### **3) Which seasons do you feel worst?**

|        |        |
|--------|--------|
| Fall   | Spring |
| Winter | Summer |

### **4) Which times of day do you feel best?**

|           |          |
|-----------|----------|
| 6-10am    | 6-10pm   |
| 10am- 2pm | 10pm-2am |
| 2-6pm     | 2-6am    |

### **5) Which times of day do you feel worst?**

|           |          |
|-----------|----------|
| 6-10am    | 6-10pm   |
| 10am- 2pm | 10pm-2am |
| 2-6pm     | 2-6am    |

### **6) What stage of life are you in?**

Childhood 0-18  
Householder 18-65  
Retirement 65+

## **Yoga Therapy Assessment: Qualities of Each Zone**

### **Qualities of White Zone (Air and Space)**

|       |        |           |
|-------|--------|-----------|
| Rough | Clear  | Mobile    |
| Dry   | Subtle | Sharp     |
| Hard  | Liquid | Lightness |
| Cold  |        |           |

### **Qualities of Blue Zone (Earth and Water)**

|        |        |        |
|--------|--------|--------|
| Smooth | Heavy  | Dense  |
| Oily   | Dull   | Gross  |
| Soft   | Stable | Cloudy |
| Cold   | Solid  |        |

### **Qualities of Red Zone (Fire and Water)**

|        |        |           |
|--------|--------|-----------|
| Smooth | Clear  | Mobile    |
| Oily   | Subtle | Sharp     |
| Soft   | Liquid | Lightness |
| Hot    |        |           |

### **Qualities of Gold Zone (All Elements Balanced)**

|                            |        |               |
|----------------------------|--------|---------------|
| Clear                      | Stable | Full of Light |
| Absence of other qualities |        |               |



## **Yoga Therapy Client Self-Assessment**

Describe in two or three sentences about each layer of your human system.

**1) Physical body:**

**2) Breathing:**

**3) Mental/ Intellect:**

**4) Personality:**

**5) Emotions:**

**6) Spirituality:**