

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

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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		

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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: