

EXAMPLE: PRACTICE DESIGN SUMMARY

Goal: body that comfortably performs necessary and desired activities

Coordinated with other elements of body health:

Good nutrition & supplements; clean environment

Medical care: general; specific, e.g. eye, dental
physical exams and tests

home diagnostics, e.g. weight, blood pressure

non-traditional, e.g. acupuncture, herbs

Other physical activities, e.g. sports, hiking

Fitness Capabilities:	Flexibility	Balance
	Strength	Agility
	Coordination	Endurance

Body parts:	Head & neck	Hands & Feet
	Torso: front, back, sides	Internal Organs
	Pelvic area / hips	Skin

Body Structural Elements: bones, muscles, joints, ligaments, tendons, cartilage, fascia

Body systems: Nervous, Cardiovascularpulmonary, Lymphatic

Mental focus and direction: calm, clarity, concentration, attention

- 1) mental capabilities: judgment, etc. -- list
- 2) brain biochemistry
- 3) mental behavioral habits

Routine

- Includes:
- 1) stretching & mobility of joints, limbs, all body parts in multiple directions and orientations: upright, inverted, prone, supine, twisted, rotated
 - 2) strengthening exercises for essentially all muscles, bones, joints, connecting tissue;
 - 3) incorporation of principles of chakra energy focus, Qi flow, prana breath flow
 - 4) warmup followed by manageable increases in stress/strain
 - 5) counterposes (*pratikryasana*) employed throughout routine

Routine can be as strenuous as desired through practice frequency, asana selection, and difficulty of: form, duration, repetitions/duration, intensity

Routine can be daily or spread over several days -- the point is to have a repeatable routine that fully exercises the body according to yoga principles.