

# Yoga Avec Moi<sup>®</sup>

## Couples Integrative Yoga Therapy Assessment Tool

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*Integrative Yoga Therapy works on the five Koshas, meaning layers of the human body. Print 2 copies, and fill them out separately as a couple- no peeking! On a scale of 1-5 please respond to the following statements for each kosha layer. This will provide insights to your own human body layers, as well as your partners body layers when you touch base upon completion.*

**0 = Almost Never 1 = Sometimes 2 = Often 3 = Usually 4 = Almost Always**

### Physical Body

1. I like the way my body looks and feels. \_\_\_\_
2. I am able to maintain healthy body weight. \_\_\_\_
3. I take time to eat consciously in a relaxed environment at regular times. \_\_\_\_
4. My joints, muscles are pain free and flexible for all my usual activities. \_\_\_\_
5. I sleep well and receive adequate amounts of sleep. \_

### Energy Body

6. I use my entire torso to breath: belly, solar plexus, lungs front, back and sides. \_\_\_\_
7. I wake up in the morning feeling refreshed and energized \_\_\_\_
8. I can sense when energy is blocked in my body. \_\_\_\_
9. I take time to connect with nature. \_\_\_\_
10. I sense that there is a part of me that is other than my physical form. \_\_\_\_

### Mind/Emotions Body

11. I can express anger and rage without projecting these feelings onto others. \_\_\_\_
12. I allow myself time to grieve losses and injuries and can feel these feelings without necessarily needing to attach them to a specific event or to justify them. \_\_\_\_
13. I can fully express myself in the context of an intimate relationship. \_\_\_\_
14. I see that all the emotions and patterns that I have developed always had the intention of doing the very best for me, given my level of understanding at the time. \_\_\_\_
15. My actions and decisions are based on an overall vision of my life's meaning and goals rather than on momentary fears and desires. \_\_\_\_

### Witness Body

16. When feelings arise, I am able to feel them, witness them, and identify them. \_\_\_\_
17. Regardless of my emotional state, I am able to access the calm ocean that underlies it all. \_\_\_\_
18. I am aware of ways that patterns of emotional conditioning may cause me to repeat painful situations in my life. \_\_\_\_
19. I am able to witness my thoughts and listen to receive the important information without buying into the stories of the mind or believing that these thoughts are who I am. \_\_\_\_
20. I sense, in the deepest part of myself, that everything happens for a reason even though it may not be clear at my current level of understanding. \_\_\_\_

### Bliss Body

21. I see my individual life as part of a never-ending story that has origins and causes before this life began and will continue after this body is gone. \_\_\_\_
22. I spend time in a regular practice that helps me to connect with the part of myself that is also part of all of life. \_\_\_\_
23. I am able to share from the deepest parts of myself without expectation of results. \_\_\_\_
24. In time I am able to forgive behaviors that I perceive as unjust toward others or myself. \_\_\_\_
25. I am able to acknowledge the wrong turns and detours in my life without blame or comparing with what could have been. \_\_\_\_

\*If you are interested in learning more about the following layers of the human body, either as an individual or as a couple, contact **Yoga Avec Moi** [yogiavecmoi@gmail.com](mailto:yogiavecmoi@gmail.com) for an appointment.