

Assessment



This assessment forms part of the certification competency assessment.

To aid your reflections, and to demonstrate embodied experience for your certification, we require you to provide reflections for a minimum of seven different PFF: *Sensitivity* practices.

The suggested format for your practice reflections are as follows:

Date:

Duration:

Details: the type of PFF Practice you used, and details of the focus

Discovery: reflections on what you experienced, felt, were challenged by, what music you used (if any) and any other points of note

Each practice reflection should be a minimum of 100 words. Of the 7 practices at least two (2) should be 30minutes or longer, and the remaining practices at least 5-7minutes or more.

Your practice reflections can be handwritten (simply take a photo of your handwritten notes), typed or formatted into a spreadsheet. For details on accepted file types and how to upload your completed practice reflections, see the Assessment area.

Example:

1 Jan / 20mins / PFF Sensitivity / Used ambient music, muscle tension in shoulder and joints really obvious but I dropped deeper and deeper into the experience of that tension and it became pleasure and flow, which was unexpected. This dimension of the physical is perhaps the easiest dimension for me, so a good place to start? The ache dissolved by the end.