

Emotional Mapping Test

Instructions:

Copy and paste your questions to an email, or document to answer them, and submit to halilovestudio@gmail.com.

1. What meridian releases grief and connects to courage? Create a sentence on how you could bring this into your asana class.
2. What meridian releases worry and connects to fairness? Create a sentence on how you could bring this into your asana class.
3. What meridian releases stress and connects to gentleness? Create a sentence on how you could bring this into your asana class.
4. What meridian releases hate and connects to acceptance? Create a sentence on how you could bring this into your asana class.
5. What meridian releases anger and connects to compassion? Create a sentence on how you could bring this into your asana class.