

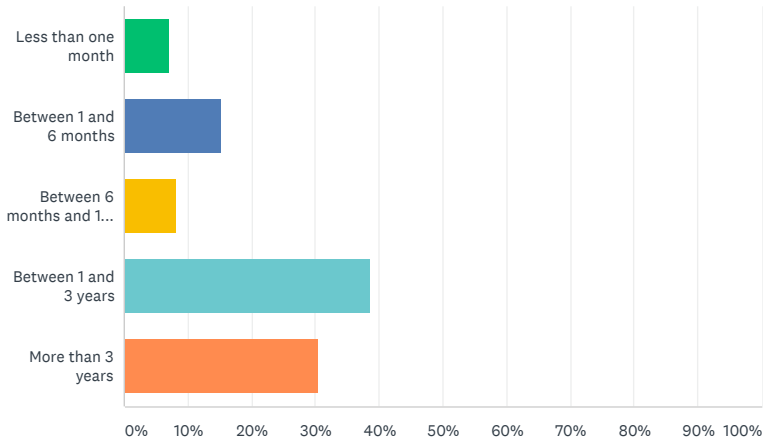
AYP Survey Results Summary

Last 100 of 629 Responses

As of March 24, 2019

How long have you been practicing AYP Yoga? (www.aypsite.c

Answered: 98 Skipped: 531



ANSWER CHOICES	RESPONSES
▼ Less than one month	7.14%
▼ Between 1 and 6 months	15.31%
▼ Between 6 months and 1 year	8.16%
▼ Between 1 and 3 years	38.78%
▼ More than 3 years	30.61%

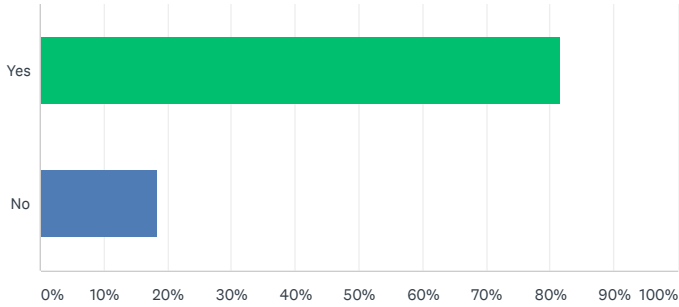
TOTAL

[Comments \(30\)](#)

Did you practice yoga or any other spiritual practice before b
AYP?

Answered: 98 Skipped: 531





ANSWER CHOICES

Yes

No

TOTAL

Comments (50)

RESPONSES

81.63%

18.37%

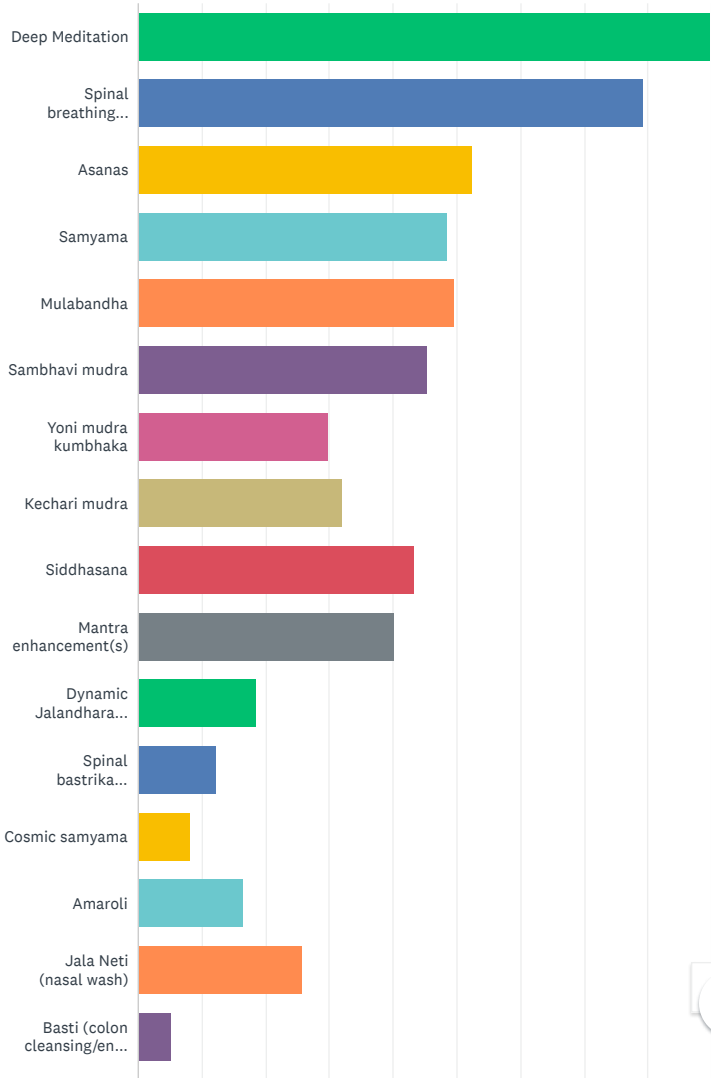
Q3



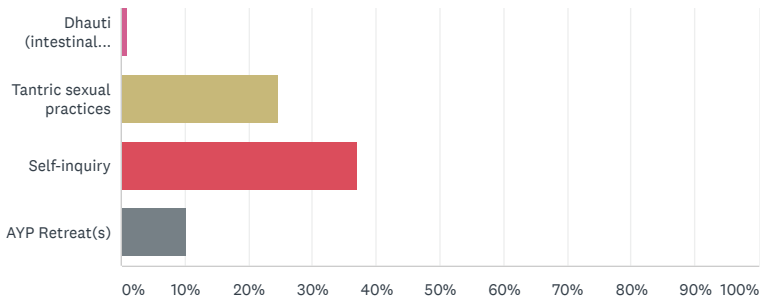
Customiz

What AYP practices do you do on a regular basis?

Answered: 97 Skipped: 532



SurveyMonkey Analyze - AYP Survey



ANSWER CHOICES	RESPONSES
Deep Meditation	89.69%
Spinal breathing pranayama	79.38%
Asanas	52.58%
Samyama	48.45%
Mulabandha	49.48%
Sambhavi mudra	45.36%
Yoni mudra kumbhaka	29.90%
Kechari mudra	31.96%
Siddhasana	43.30%
Mantra enhancement(s)	40.21%
Dynamic Jalandhara (chin pump)	18.56%
Spinal bastrika pranayama	12.37%
Cosmic samyama	8.25%
Amaroli	16.49%
Jala Neti (nasal wash)	25.77%
Basti (colon cleansing/enema)	5.15%
Dhauti (intestinal wash)	1.03%
Tantric sexual practices	24.74%
Self-inquiry	37.11%
AYP Retreat(s)	10.31%

Total Respondents: 97

Comments (37)

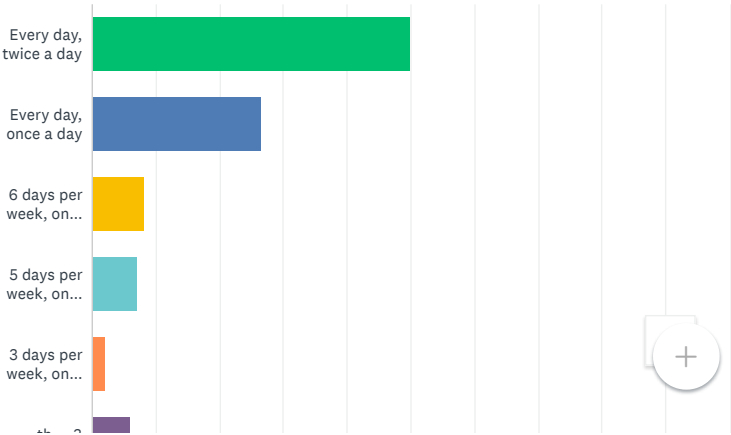
Q4



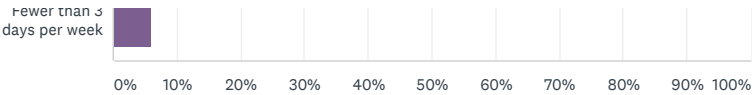
Customiz

How often do you usually practice?

Answered: 98 Skipped: 531



SurveyMonkey Analyze - AYP Survey



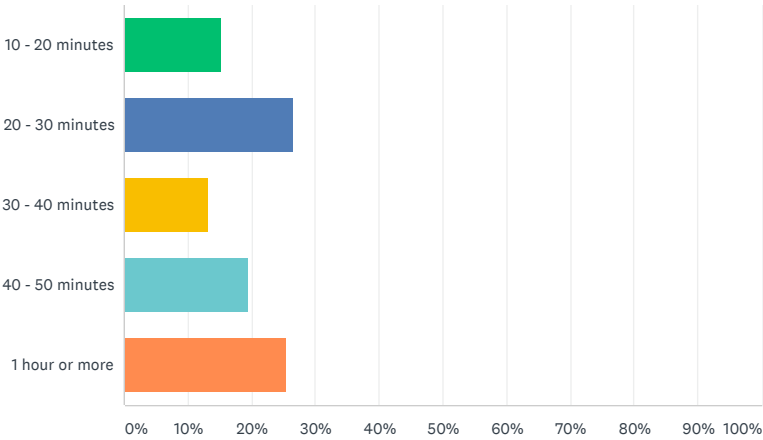
ANSWER CHOICES	RESPONSES
Every day, twice a day	50.00%
Every day, once a day	26.53%
6 days per week, on average	8.16%
5 days per week, on average	7.14%
3 days per week, on average	2.04%
Fewer than 3 days per week	6.12%
TOTAL	

Q5

Customiz

What is the usual duration of each practice session? This duration includes the time you spend on your entire AYP routine.

Answered: 98 Skipped: 531



ANSWER CHOICES	RESPONSES
10 - 20 minutes	15.31%
20 - 30 minutes	26.53%
30 - 40 minutes	13.27%
40 - 50 minutes	19.39%
1 hour or more	25.51%
TOTAL	

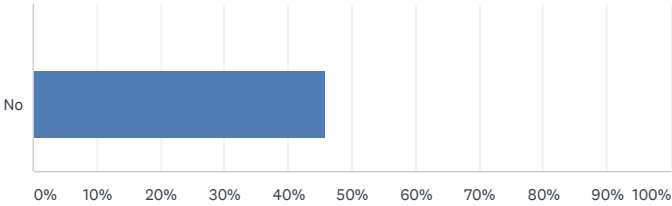
Q6

Customiz

Have you ever had to scale back (self-pace) your AYP practice?

Answered: 98 Skipped: 531





ANSWER CHOICES

RESPONSES

Yes

54.08%

No

45.92%

TOTAL

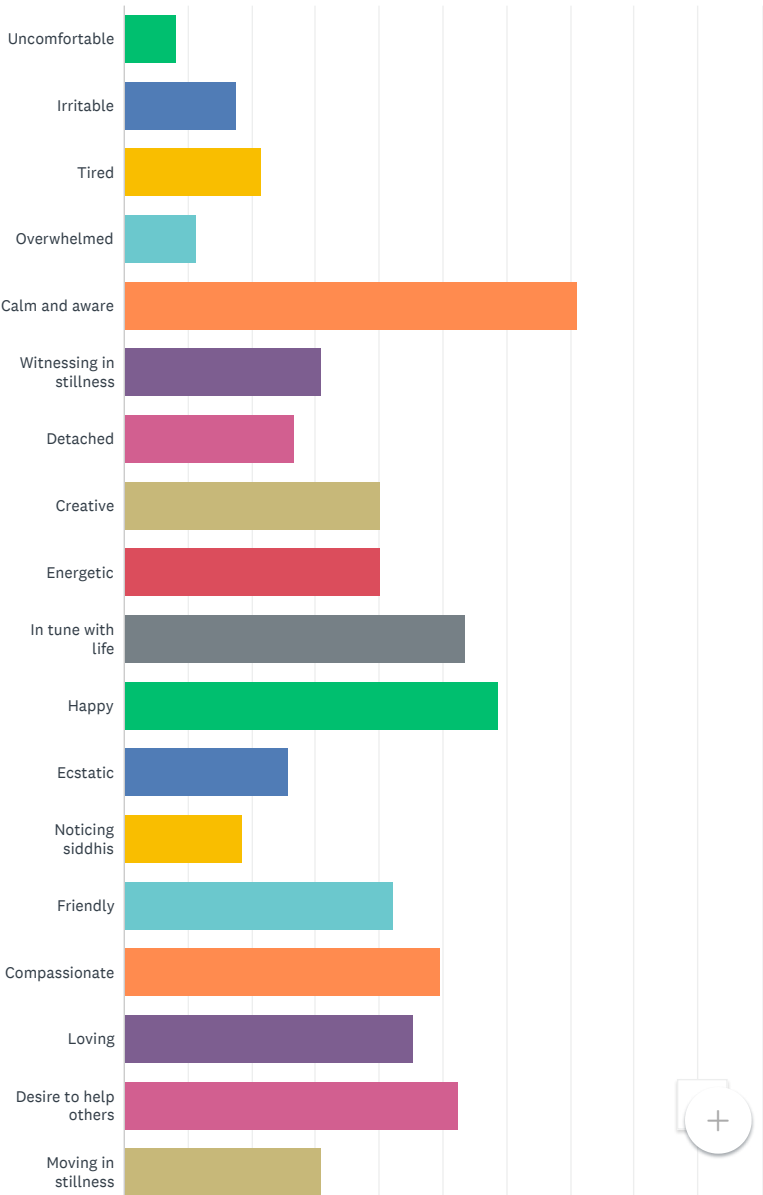
Comments (50)

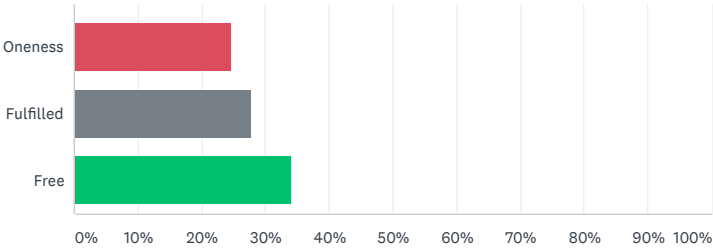
Q7

Customiz

Please select the words that best describe how you have rec

Answered: 97 Skipped: 532





ANSWER CHOICES	RESPONSES
Uncomfortable	8.25%
Irritable	17.53%
Tired	21.65%
Overwhelmed	11.34%
Calm and aware	71.13%
Witnessing in stillness	30.93%
Detached	26.80%
Creative	40.21%
Energetic	40.21%
In tune with life	53.61%
Happy	58.76%
Ecstatic	25.77%
Noticing siddhis	18.56%
Friendly	42.27%
Compassionate	49.48%
Loving	45.36%
Desire to help others	52.58%
Moving in stillness	30.93%
Oneness	24.74%
Fulfilled	27.84%
Free	34.02%

Total Respondents: 97

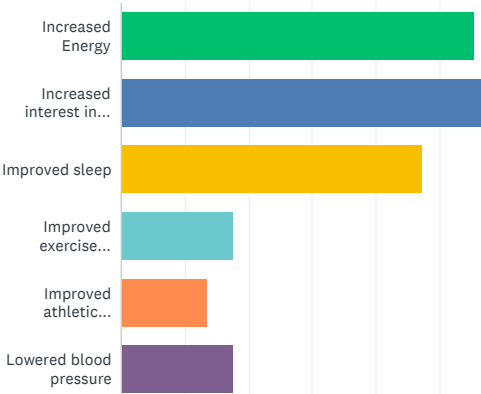
[Comments](#) (29)

Q8

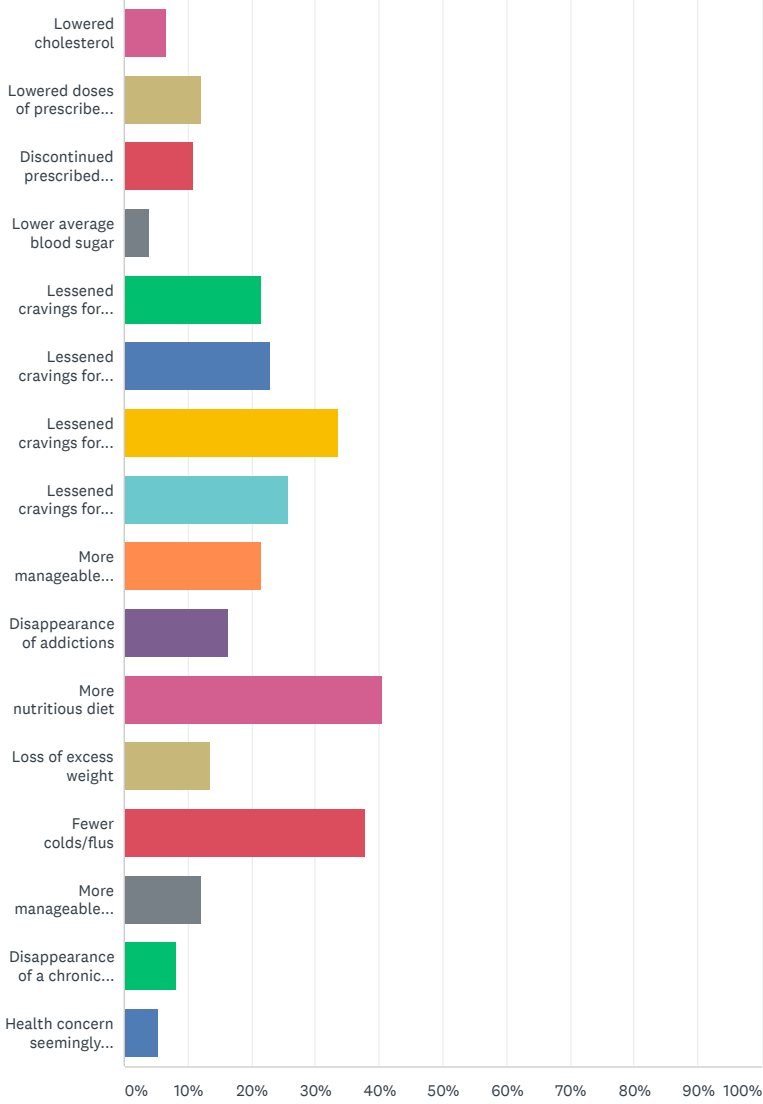
Customiz

Since beginning your AYP practices, have you observed any c following relating to your health?

Answered: 74 Skipped: 555



SurveyMonkey Analyze - AYP Survey



ANSWER CHOICES	RESPONSES
Increased Energy	55.41%
Increased interest in life	56.76%
Improved sleep	47.30%
Improved exercise capacity	17.57%
Improved athletic performance	13.51%
Lowered blood pressure	17.57%
Lowered cholesterol	6.76%
Lowered doses of prescribed medication	12.16%
Discontinued prescribed medication	10.81%
Lower average blood sugar	4.05%
Lessened cravings for sugary food	21.62%
Lessened cravings for high-fat foods	22.97%
Lessened cravings for alcohol	33.78%
Lessened cravings for caffeine	25.68%
More manageable addictive behavior	21.62%
Disappearance of addictions	16.22%
More nutritious diet	40.54%
Loss of excess weight	12.16%
Fewer colds/flu	37.89%
More manageable chronic illness	12.16%
Disappearance of a chronic illness	8.11%
Health concern seemingly resolved	5.07%

SurveyMonkey Analyze - AYP Survey

▼ **Total Respondents: 74** Discomfort of a chronic illness 8.11%

▼ **Health concern seemingly related to AYP Yoga** 5.41%
[Comments \(34\)](#)

Total Respondents: 74

[Comments \(34\)](#)