

LN Care Plan
Simone Sanchez

Tandasana Centering connecting to breath from the feet to crown of head.

Warm joints while standing neck, shoulders, wrists, hips and knees

Side bending

Forward folds

Warrior poses (this client is working on finding inner strength over fears that cause anxiety)

Pelvic Tilts and Bridge pose (on a block)

Supine Twists and Hip openers are done Restorative with bolsters and blankets

Relaxation is a Yoga Nidra

Pranayama is seated, 3 minutes each yogic breath, Ujjay and alternate nostril

Followed by meditation 10 mins with 5 minutes of quiet with a frequency playing (quietly)

This client struggles with silence, the sound frequency allows her to relax in the quiet.

Yoga philosophy Replacing negative thoughts with a positive one as a tool to take with her,

Also Vairagya, the practice of non attachment, reframing to the understanding of surrender and letting go of the things and ideas that she is attached to because the only thing we can “control” is ourselves and our thoughts and reactions.

Lifestyle support Suggested that she create a morning ritual that gives her space to center and listen to a short meditation. Encouraging her to share her work with her spouse because they share much of the same fear and anxiety towards health.