

Care Plan for Therapeutic Yoga group:

Centering:

- Body awareness practice
- Three Oms
- Smiling at palms

Restorative poses held for 10 to 15 minutes. Beginning with 3 minutes of holding and gradually increasing the hold for 10 to 15 minutes.

Backbend: Mountain Brook

Forward bend: Forward resting Dragonfly

Twist: Supported supine twist

Inversion: Waterfall

Yoga Nidra

Closing: One Long Om, Lokha...

Yogic Wisdoms:

Listening to One Yoga sutra during the time a pose is held

- Sutra 1.1: Now - Being in the present moment
- Sutra 1.2: Yoga chitta vritti Nirodha
- Sutra 1.3 & 1.4 - Abiding in the true self, taking the form of the mind
- Practice & Non-attachment
- Kleshas