

AN is a 19 year old woman of Chinese descent who is a first generation immigrant, living in California with her parents. She suffers from schizoaffective disorder and has been experiencing increases in agitation, emotional outbursts, feelings of anger, and trying to leave the home.

Anamayakosha: Physically, AN does not have any physical complaints. Her posture is slumped forward. She has full range of motion of her major joints and, when she is happy, she dances.

Will engage with client in a dance during sessions, allowing her to easefully reconnect with her body. Will attempt to engage in movements which utilize the hip joints and which put an emphasis on the feet and engage a sense of balance so as to tonify the first and second chakra energies.

Pranamayakosha: From an energy perspective, AN is high energy when she gets agitated; however, otherwise, she is of low energy and tends to be receptive to her environment. Her breathing is shallow and when agitated, becomes more rapid. Inhalation is shallow and exhalations are also shallow.

Due to cognitive concerns, counting may prove difficult for AN to do while using a breath practice. As such, will attempt to do deep breaths using diaphragmatic breathing and will ask client to use a timer instead of counting the breaths. May consider using Breath of Joy movement to help client feel like she is dancing while doing a breath practice. May have difficulty sitting still while doing breaths, for an extended period, so will try moving to keep practices short.

Manamayakosha: The client has many negative thoughts about herself, which seems influenced by an environment in which negative attribution is a common parenting style. The client has been interpreted as “acting out” willingly, when she is agitated, as opposed to being viewed as someone who is simply exhibiting symptoms of an

illness. Using the pratipaksha bhavana wisdom teaching, will engage the client in observing her thoughts and in challenging beliefs that she is not worthy or deserving of love. As discussed in mentoring session, will attempt to use affirmation cards to help client nurture self love.

Jnanamayakosha: The client, currently, does not have much awareness of her mind or her thoughts. As she continues to improve, as stated above, will attempt to engage her in observing her thoughts. This will be a necessary step prior to doing pratipaksha bhavana.

Will encourage client to take nature walks, in an effort to calm her mind, allowing for its inner wisdom to manifest more easily. This may help her with distinguishing her thoughts from that of her parents and the environment around her. It will hopefully, allow AZ to approach a mental space that is her own, thereby cultivating a stronger sense of self awareness and thus, self efficacy.

Ananadamayakosha: As the client continues to engage in yogic practices, will discuss any feelings of peace which may result.