

Care Plan for Kyle

Centering:

Body awareness - To get in connection with the koshas

Eye movements:

Vertical

Horizontal

Warm-up:

Joint Freeing practices for All - Warms up all the joints

Side-angle stretch - To stretch Thoracic Scoliosis

Side-lying pose - To stretch Lumbar Scoliosis

Supported Downdog version 1 and 2 - Stretches the low back area

Modified cat/cow without curving the spine - Warms up hip joints

Poses:

Pelvic stabilizer - Strengthens pelvic area

Side plank moderate variation - Strengthens the convex side of the thoracic spine

Mountain pose with block - Corrects posture and alignment

Wall sacral strengthener - Strengthens and stretches hip flexors

Kneeling plank - Core strength

Standing on one leg with support - To improve balance

Yoga Nidra - Relaxes all the koshas

Breathing techniques:

Breath awareness with long exhalation

Squeezing and relaxing each finger while breathing

Lion's pose with breath

Meditation:

“Sohum” breathing with arm movement