

TTM-C008 Proposed Care Plan.

Themes Focus on somatics, gaining insight from internal felt senses and bodily perceptions. Very gentle asana and restorative shapes to relieve tension by stretching, release stuck energy, and renew in rest. Asana to moderate hyperkyphosis. Grounding to build capacity to experience emotions and connect to a source of nurturance. Self-compassion in processing grief and blame. Vyana vayu to clear impedances of energy flow, allowing subtle energy, thoughts and feelings in the mind to flow more freely. Samana vayu to digest/integrate her experiences of loss. Some practices focusing on the heart chakra to clear darkness and sorrow.

What.	Why, How
• Arrive, Center. Ground, settle. • Check-in. Reflections.	Seated. Natural breath, sense and observe. Set the tone for the session.
• Awareness practice across the koshas.	Supine, possibly thinly folded blanket under shoulder blades. Awareness across all koshas. What is present here now? Incorporate a breath awareness practice. Where do you sense the breath moving the body? "I feel it., I let it go." Letting go of pain, sorrow, whatever may be held in the body/mind that may be beneficial to release.
• Ujjayi breath practice with instruction. Inhales and exhales slightly constricting the throat.	Seated. Begin with 3 part diaphragmatic breathing, transition to ujjayi, slowing down the pace of the breath, building concentration. Incorporate this steady technique in slow, dynamic movement and in restorative poses.
• Warm-up. Sufi circles. Joint Freeing Series for neck, shoulders, wrists, hands, and fingers. Lateral bends, back bend to upright posture, twist. Seated cobra. Rhythmic, dynamic movement with the breath.	Seated. Mobilize joints, increase circulation. Due to possible L1 bulging disc, replaced forward bend with upright posture. Pause to notice.
• Sun breaths and radiant circuits leading to downward facing dog at the wall. Lighten Up verbal posture cues.	Standing. Movements to awaken upper back, stretch the upper thoracic area, and strengthen muscles between shoulder blades. Draw prana upward and into the body. Verbal cues for sensory awareness of more upright and rounded postures.
• All fours. Explore spinal extension by alternately raising one leg, bending the knee and drawing sole of foot upward as raise gaze.	Begin with organic movement. Progress to bent knee leg lifts with the breath. Inhale lift, exhale lower. Prepare mat with extra cushioning under knees. Try using Yoga Jellies under hands and/or knees. If not accessible: Tibetan hip circles.
• Chair pose at the wall. • Warrior II, trace heart meridian. May include an affirmation or intention. SMTT p.145 "I am at peace with myself." Gaze follows hand movements. R/L • Standing balance. Moon walk. Raise opposite arm and leg simultaneously. Switch. Repeat. Conclude with a sun breath.	Standing. Chair at wall: sensory awareness of back muscles, strengthen legs and core to facilitate balance. Warrior II holding chair back as needed. Establish a stable base for Warrior II that is strong and grounded, allowing freedom of movement in the upper body. Playful movements, possibly elicits laughter. Pause to notice. Incorporate teaching of impermanence.
• Crocodile. - Future session: Cobra with arms in "T" position.	Prone, blanket under torso. Crocodile. Explore walking elbows toward shoulders, extending sternum forward and up, retract and lower shoulder blades. Pulse in gentle thoracic cow/cat movements.
• Constructive rest. Could raise arms overhead. • Pelvic tilts. • Legs up the wall.	Supine. Return spine to natural curves. Pelvic tilts to awaken sacral region, flow through lumbar spinal extension and flexion, gentle core strengthener. Restful inversion rejuvenates, improves circulation-including of lymphatic fluids, elicits the rest response. Pause to notice how you feel.
• Guided relaxation with imagery. Create a feeling of comfort and safety. Guided imagery using all five senses. Imagine being in a supportive place of unconditional love, nurturance, peace, and calm. Just as you are.	Client's choice of orientation, preferably supine. Incorporate wisdom teachings: true self and "Elevate yourself with the power of your mind." Guide into relaxation and imagery. Plant seeds of intention. Sweeping breath. Return to the world outside.
• Metta meditation.	Preface with self-compassion wisdom teachings. Begin with breath awareness, universal love. Loving kindness to a being you love unconditionally, bring that love to yourself or out to the universe.
• Closing • Reflection. Home practice.	Pavamana mantra repetition. Translate the mantra. Explain why chosen. Check-in: physical, mental/emotional. Discuss realistic, worthy home practices.
Ideas for future practices. Personal affirmation or intention. Personal guided imagery. Healing heart meditation. Yoga nidra for healing.	
Home practice between sessions. Pranayama, mantra repetition with music or not, metta meditation, gentle movements to strengthen back muscles and ease tightness along front of trunk. Abhyanga. Walking meditation. Co-create a sustainable, enjoyable home practice.	