

YAZ Care Plan for Session2						
No	Title	Chair Yoga	Reason	Off the mat practice	Selected Module	Additional Resources
1	Centering	1. Awareness / Witness Practice 2. Chanting "Om" 3 times 3. Smiling at palms	Elicits Witness bhavana	Before PT exercises while waiting	Healing Relationships TT	
2		Setting Intention(Sankalpa)	Uses subconscious mind to focus on their goal on making a change	Daily in the morning Example: 1. I intend to move my body in ways that feel good. 2. I intend to get the sleep my body needs to be healthy. 3. I intend to listen to what my body tells me it needs. 4. I intend to practice self-care 5. I intend to treat my body with compassion, love and respect	Psychology and Yoga TT	3 Neuroscience-Based Techniques for Harnessing Intentions... RAS (Reticular Activating System). A Step-by-Step Guide to Setting Intentions (and Sticking to Them)
3		Netra Vyayamam			Basic TT	
4	Warm Up	1. JAPA (Joint Activation Practice for All) 2. Sun Salutations 3. Lion's Pose 4. Kitty cat pose	Lubricates joints warms up the body		HBED	
5	Backbend	Extended Arm Stretch (SMTT manual P.66)	Stress management - Activates SNS		SMTT	
5	Forward Bend	1. Knee to Chest (SMTT manual P.76) one leg at a time 2. Turtle	Stress management - Activates PSNS		SMTT	
7	Self Massage & Love taps		Improves Lymphatic fluid drainage & self-love		SMTT	
8	Inversion	Seated forward bend to Inversion by releasing the head (SMTT Manual P.81)	Improves peristalsis		SMTT	
9	Twist	Seated Spinal Twist (SMTT Manual P.90)	Stress management		SMTT	
10	Relaxation	Nervous system based Relaxation technique Relax Palms, tongue, eyes, brain, brain stem, spinal cord, nerves (efferent and afferent NS) and body parts	Relaxes all the koshas	Before bedtime	HEBD + SMTT	
11	Breathing practices	1. Librarian Breath 2. Nadi Sudhi w/Imagery (Ball of light bringing healing energy on inhalation and releasing "not-serving" energy out	Strengthens the abdominal wall, Calms the NS	Before meal	SMTT	
12	Meditation	1. Mantra repetition (If client have one) or 2. "I am not my injured spine: I have an injured spine"		As soon as wake up Before bed time		
13	Ending	1. Chanting "Lokha Samastha..." 2. Honoring higher Self in us and the higher Self in others 3. Smiling at palms				