

YVM is a 16 yo female who was seen with her mother; reported insomnia and anxiety and associated missing of school.

Anamayakosha: insomnia, frequent fidgeting of body, tremor in bilateral hands.

Intervention is to teach body scan first then yoga nidra.

Pranamayakosha: Low energy; shallow and rapid breaths.

Intervention is to teach 3 part breathing, alternate nostril breathing

Manamayakosha: client feels embarrassed about being seen in a mental health clinic; feels her family talks badly about her because she has a mental illness. In addition, is fearful about her own safety.

Intervention: Use breath techniques to help relax thoughts and help client partake in activities that make her feel safe. Consider using mantra repetition (internally) as she does 3 part breathing, such as "I am safe." I on the inhalation with expansion of the belly, 'am' on the expansion of the upper torso and then 'safe' on the exhalation.

Vijnanamayakosha: thoughts that she will be harmed, thoughts of the past traumatic experiences. Sense of self is still forming and impressions of how she is perceived in the family predominate in her thoughts. Thoughts are focused on not embarrassing herself and on staying safe.

Plan to teach about the true nature of the self and use the crystal and food coloring added to bowl. Teaching is about accessing the true self through calmness of the mind.

Intervention:

Use prati pak shabavana to target thoughts related to shame, low esteem, and not being safe.

Anandamayakosha: bliss body not able to be accessed, but will encourage client to participate in meditative practices which can lead to accessing bliss.