

Yoga Therapy Care Plan

PERSONAL DATA

First name: _____ Dana _____ Last name: _____ D _____

Address: _____ City/State: _____

Phone Number: _____ Email Address: _____

OBJECTIVES AND PLANNED INTERVENTIONS

1. Reduce physical and emotional holding in the shoulders while restoring safe, pain-free mobility.

Planned Interventions:

- Breath-led, gentle shoulder movements to explore areas of guarding without forcing release
- Pendulum-style arm movements paired with extended exhalation to support letting go
- Strap-supported shoulder openings used as somatic inquiry rather than stretching
- Supine arm sweeps coordinated with breath to rebuild trust in movement
- Restorative shoulder support using props to invite softness and ease
- Reflective prompts inviting awareness of what the client is “carrying” physically and emotionally in the shoulder region

2. Gently shift the nervous system from sympathetic freeze into increased safety, regulation, and choice.

Planned Interventions:

- Grounding and orientation practices to establish safety and present-moment awareness
- Dirga Pranayama to expand breath capacity and reconnect with bodily sensation
- Extended exhalation breathing (2:1 ratio) to stimulate parasympathetic response
- Slow, rhythmic, breath-synchronized movements to support nervous system thawing
- Restorative postures emphasizing containment, support, and non-effort
- Education on recognizing freeze responses and cultivating gentle exits from shutdown

3. Increase insight into relational stress patterns and build support beyond the therapeutic container.

Planned Interventions:

- Mindfulness-based inquiry exploring patterns of responsibility, over-functioning, and self-neglect
- Journaling prompts focused on boundaries, choice, and personal agency
- Yoga philosophy reflections (Kleshas, Sthira/Sukha, Pratipaksha Bhavana) to normalize attachment, avoidance, and suffering
- Guided meditation supporting self-compassion and differentiation
- Psycho-educational discussion around support resources, including the option of **AI-Anon**, as a community-based support for individuals impacted by a loved one's alcoholism

RATIONAL FOR CARE PLAN

DD presents with frozen shoulder, chronic upper-body tension, and symptoms consistent with prolonged nervous system dys-regulation, including a sympathetic freeze response. These physical symptoms are closely linked to ongoing emotional stressors such as grief, marital separation, financial strain, and long-term relational patterns of over-functioning and enabling within an alcoholic partnership. This care plan is designed to address both the somatic and psychological contributors to her condition through gentle, breath-led movement, nervous system regulation, and restorative practices that support safety, mobility, and emotional processing. Integrating mindfulness, yoga philosophy, and psycho-educational resources provides DD with tools to increase self-awareness, restore agency, and access supportive systems beyond the therapeutic container, promoting sustainable healing and resilience.

CARE PLAN

4-Week Yoga Therapy Care Plan for DD

Session Length: 60 minutes

Frequency: Once weekly

Primary Focus Areas:

- Frozen shoulder and emotional holding
- Sympathetic freeze response
- Chronic stress, grief, and burnout
- Boundary awareness and external support

Week 1 – Establishing Safety & Thawing Freeze

Theme: Safety before change

Primary Focus: Nervous system orientation and gentle re-entry into the body

Session Components:

- Verbal check-in and resourcing (orienting to safety, choice, and consent)
- Seated grounding and orientation practice
- Dirga Pranayama to expand breath capacity and re-inhabit the body
- Gentle, breath-led pendulum arm movements (no end-range)

- Supine arm sweeps with coordinated breath
- Restorative support for shoulders and chest
- Short guided relaxation focused on safety and containment

Home Practice:

- 5 minutes daily of 3-Part Breath
- Gentle pendulum movement once per day
- Grounding cue: feet on floor + slow exhale when stress rises

Intention: Re-establish a felt sense of safety and begin thawing immobilization.

Week 2 – Exploring Holding Patterns & Shoulder Awareness

Theme: Noticing what is carried

Primary Focus: Shoulder holding as emotional and physical pattern

Session Components:

- Brief grounding and breath regulation
- Wall-assisted yogic shoulder stretches
- Supine breath-led arm arcs
- Extended exhale breathing (2:1 ratio)
- Guided inquiry: “What am I holding here?”
- Supported forward fold for emotional softening

Home Practice:

- Strap-supported shoulder movement (3–5 minutes)
- 2:1 exhale breathing once daily
- Journaling: What am I carrying that isn’t mine to hold?

Intention: Increase awareness without pressure to change.

Week 3 – Regulation, Grief & Emotional Integration

Theme: Allowing without collapse

Primary Focus: Emotional processing within the window of tolerance

Session Components:

- Grounding and orientation check-in
- Nadi Shodhana (introduced gently)
- Supported heart-opening posture
- Slow, rhythmic breath-movement linking emotion and sensation
- Compassion-based meditation for grief and self-kindness
- Reflection on relational stress and over-functioning patterns
- Gentle education about external support resources (Al-Anon mentioned as optional)

Home Practice:

- Nadi Shodhana (3–5 minutes daily)
- Restorative heart opener (8–10 minutes, 2–3x/week)
- Journaling: Where can I soften without abandoning myself?

Intention: Support emotional presence without overwhelm.

Week 4 – Integration, Agency & Forward Support

Theme: Choice, agency, and sustainability

Primary Focus: Empowerment and long-term regulation tools

Session Components:

- Review of physical and emotional changes
- Gentle isometric awareness for shoulder stability (non-loading)
- Personalized short practice combining breath, movement, and grounding
- Meditation focused on inner authority and choice
- Reflection on boundaries, responsibility, and self-care
- Discussion of continued supports (ongoing yoga therapy, community support, AI-Anon if desired)

Home Practice:

- 10–15 minute daily integrated practice
- Weekly longer restorative session (YouTube)
- Continued journaling or meditation as helpful

Intention: Equip DD with tools she can carry forward independently.

CLIENTS READINESS TO CHANGE (circle one and explain)

Pre-contemplative

Contemplative

Preparation

Action

Maintenance

DD is aware of the changes she wants and is motivated but overwhelmed. She is ready to engage with consistent support and structure.

REFLECTIONS

During DD's initial assessment, it was clear that she is carrying a significant combination of physical tension and emotional overwhelm. She presents with notable guardedness around her frozen shoulder, as well as a general pattern of holding stress in the upper body, especially the neck, chest, and jaw. Her breath was initially shallow, but she responded well to guided cues that encouraged slow, fuller breathing, suggesting good potential for nervous-system regulation practices.

DD also demonstrated insight into how her emotional experiences—grief, separation, financial stress, and burnout—manifest somatically. She was able to identify areas of tension and express how long-term stress has impacted her energy and sense of stability. Despite her fatigue, she engaged openly, showing readiness to explore supportive movement, breathwork, and reflective inquiry.

Overall, DD appears to be a client who will benefit from gentle pacing, consistent grounding, breath-centered practices, and therapeutic movement. She shows a strong

willingness to participate in the therapeutic process, and the initial session suggests she will respond well to practices that emphasize safety, compassion, and slow reconnection with her body.