

Nancy - Care plan

Yogic wisdoms: Koshas, Yogas chitta vritti nirodha, 1.3 & 1.4,
Practice and non-attachment, Kleshas, Ignorance 2.5

Yoga flow:

Centering: Body awareness

Warm-ups: Eye movements, Joint freeing practice for All seated in
a chair

Asanas:

1. Balance - Standing on one leg with support
2. BB - Standing locust w/ chair
3. FF -Chair Janu sirasasana
4. FF - Chair Paschimottanasana
5. In - Downward dog
6. Twist - chair twist
7. Yoga mudra

Yoga nidra w/ breath awareness

Breathing practices

1. Ha breath
2. Nadi suddhi
3. Humming bee breath

Meditation

1. Remembering a time in your life when you were the most
happy

Closing Chant:

1. One long om
2. Lokha samastha
3. Dedicating the practice
4. Honoring the higher selfs
5. Smiling at palms