

Care Plan

BJ Group

Simone Sanchez

This group come mainly for a Restorative yoga practice, P, has a an ankle that has an exterior rotation, A, is yoga instructor comes to center, M, has 2 fused vertebrae C3+4, T has a shoulder replacement, D1 has slipped discs in lumbar, D2, has limited range of motion in hips and shoulders (age related)

Centering will be Stress Management based, such as juana (i am not my thoughts or body) Yoga Chitta Vritti Nirodha, Pranayama (power of controlled breath) ect

Asanas- warming joints and spine, eye movements, restorative twists, hipopening, back bend and forward folds also inversion. Adaptations, adjustments and props are used.

Yoga Nidra during savasana

Pranayama- 3 part breath and extended exhalation

Meditation will be yoga philosophy that is from the centering at the beginning of class with a concentration of Stress Management.

This is because it is a big group and there are often walk ins as well and it is only 60 minutes. In order to be able to fit everything in it has to be included all throughout the class.

Lifestyle support- connection to community and showing up for each other, this group knows one another and we offer so many workshops and events that they can be a part of.