

MG Initial 4 Week Plan

Kapha-Pitta Type

High Pitta Imbalance

Goals

Self Care:

- Establish Morning and Evening Routines
 - 5 Minutes of prayer or meditation in the AM and PM
- Exercise: Walking during the cooler hours of the day
- Reduce stressors: Kindly saying “no” specially when too fatigued from Hashimoto’s symptoms to help others
- Weekly Yoga Therapy Sessions X 4 weeks

Diet:

- Establish consistent meal times, Lunch as the Main meal when digestive fire is the strongest. Remain present at meals and reduce multitasking
- Reduce consumption of cruciferous vegetables, raw and nightshades (Often associated with Hashimoto’s flare ups)
- Reduce amount of raw onion and acidic and overly salty foods

Week 1

Determine Dosha and potential imbalances

Discuss Diet, stressor, and self-care and agree to feasible plan

Practice:

- Grounding and Centering
- Pranayama Technique: Yogic/3-Part breath
- Vagal Regulation Technique: Prolonged Exhales
- Asanas: Seated warm up, cat/cow, baby cobra (**adapted to accessible seated version of cobra with bolster underneath forearms**), restorative/therapeutic adaptation of Viparita Kirani (**adapted to bed with legs in the air with added extension/dorsiflexion of feet, ankle rotations, ab/adduction of toes, ect.**)
- Savasana with guided imagery or progressive relaxation

Week 2

Check-in: Discuss any changes implemented and progress

Practice:

- Grounding and Centering
- Pranayama Technique: Nadi Shodana
- Vagal Regulation Technique: Coherent Breathing and Heartfelt Appreciation

- Asanas: Seated warm up, cat/cow, restorative/therapeutic adaptation of matsyendrasana adapted on bed with additional props, client also shown accessible version seated in a chair
- Savasana with guided imagery or progressive relaxation

Week 3

Check-in: Discuss any changes implemented and progress

Practice:

- Grounding and Centering
- Pranayama Technique: Lion's Breath (Simha Pranayama)
- Vagal Regulation Technique: Chanting: Om Gam Ganapataye Namaha (changed to Japa practice w/Mantra for client)
Massaging area in front of and behind ears
- Asanas: Seated warm up, cat/cow, baby Bhujangasana (adapted to seated with bolster under forearms), standing adaptation of Ustrasana
- Savasana with guided imagery or progressive relaxation

Week 4

Discuss any changes implemented and progress

Practice:

- Grounding and Centering
- Pranayama: Sheetalī
- Vagal Regulation Making “Vooo” sound exercise Dr. Peter Levine’s Vagal Regulation Techniques in the Book Healing Trauma
- Asanas: Seated warm up, cat/cow, baby Bhujangasana (adapted to seated with bolster under forearms), restorative/therapeutic adaptation of Setu Bandhasana (adapted to bed using bolster underneath hips)
- Savasana with guided imagery or progressive relaxation

Discuss Moving forward and potential plan for future work