

Ameeta - Care plan:

Yogic Wisdom: Stress management, 1.33 - Locks and keys, 2.33, practice and non-attachment,

Kriya yoga, Kleshas, Viveka

Centering: Body awareness

Warm-up: Eye movements - vertical, horizontal, and circular eye movements, Joint Activation

Practices for All, Sun salutations

Back bend: Cobra, locust pose, spiderman pose

Balance: Tree pose

Forward bend: Janu sirasana, Paschimottanasana

Inversion: Legs up the wall and fish pose with support

Twist: Seated twist

Yoga mudra

Yoga nidra

Breathing practices: Breath awareness, long exhalation, Kapalabhati, Nadi sudhi

Mediation: Mantra meditation