

Sumathi - Care Plan:

Centering:

- Earth and heaven grounding meditation (Therapeutic Level 2 manual)
- Chanting Om X3
- Sankalpa - setting intention for the day / session
- Smiling at palms

Warm - up - Lying on the bed or seated or standing

- Eye movements - Horizontal, vertical, circle, semi circle
- Joint Activation Practices for All in bed or standing
 - Neck movements - Cervical Flexion/Extension, Rotation R/L, Lateral FI/Ex
 - Spine - Spinal FI/Ex, Rotation R/L, Lateral FI/Ex
 - Pelvis - Pelvic Rocking, circling, torso circles around stationary pelvis
 - Fingers/Hands - Finger Abduction/Adduction, Flexion/Extension
 - Wrists - Wrist Flexion/Extension, Radial/Ulnar Deviation
 - Elbow - Elbow Flexion/ Extension, Forearm Pronation/ Supination
 - Shoulder - Shoulder Flexion/Extension, Abduction/Adduction, Horizontal Abduction/ Adduction, Shoulder Internal/External Rotation, Shoulder Circumduction
 - Scapula - Elevation/ Depression, Protraction/ Retraction, Medial/Lateral Rotation
 - Toes/Foot - Toe Abduction/Adduction, Toe Flexion/Extension
 - Ankle - Plantarflexion/ Dorsiflexion, Inversion/ Eversion, Abduction/Adduction of foot
 - Knee- Knee Flexion/Extension
 - Hip - Hip Flexion/ Extension, Hip Abduction/ Adduction, Hip Internal/ External Rotation, Hip Circumduction
- Sun Salutations (progression)

Asanas: Therapeutic Yoga Level 1 poses

- Backbend - Supported reclining pose - Therapeutic Yoga level1 Manual
- Forward bend - Forward resting butterfly
- Inversion - Legs up the wall
- Twist - supported spinal twist

Relaxation

Breathing techniques

- Breath awareness in constructive resting pose
- Deerga swasam into Extended exhalation
- “Ha” Breath
- Librarian breath
- Bee breath
- Lion’s pose breath
- Right and left nostril breath
- Alternate nostril breath

Meditation

- Guided imagery - Gratitude meditation