

Client #1 Proposed Care Plan

Please get your completed intake form from your first client or group and assess the information. Next conduct your oral intake/assessment session. Create your care plan. Then fill in this form:

Your Name Tanja Kees

Your Email tanjakees@hotmail.com

Submission Date 3/12/2024

Session Date 3/5/2024

Mentor Steffany Moonaz

Client Initials or Group Name (and location of sessions) zoom, J.M

Category (individual or group) individual

Proposed Number of Sessions 3

Planned Time per Session 1 hour

Please provide thorough & concise information below. Your care plan should be approved by your mentor, with any amendments they suggested, prior to starting your Yoga Therapy sessions beyond the intake session.

Presenting Problem (2 sentences max) she has a history of achilles tendinitis, her doctors recommendation is stretching. She is currently not in pain

Client Goals (2 sentences max) mindfulness and stretching

Physical/energetic kosha assessment and care plan (Including off the mat)

Physical kosha, hx of tendonitis suggesting tight hamstrings my plan would be to do a lot of asanas that include hamstring stretches, eg figure 4, forward bends, downward dog, using a yoga strap to help with stretches.

She also wants to improve her diet, less sweets more salads , she already started to incorporate that in her daily lifestyle .In decreasing her sugar intake this can also be helpful in reducing inflammation.

She also does interval training 5 times a week.

I would also remind her to include stretches into her daily life , she has a string job, get up and stretch between each client she sees.

Emotional/mental kosha assessment and care plan (Including off the mat)

She describes her stress level as moderate to high, she is struggling with anxiety and postmenopausal symptoms. Her energy is vata. I think it is important to help her with grounding. Alternate nostril breathing would be a nice practice to help her with anxiety and becoming aware of her breath.I would start of the session with centering, to help her with noticing and listening to her body.I would end the session with a deep relaxation and visual imagery since she is new to meditation, it would be helpful for her to have guidance to help to reduce stress and activate the relaxation response.

Off the mat I would ask her to practice alternate nostril breathing.

In decreasing her stress response with help to decrease cortisol levels in her blood and decrease inflammation.

Spiritual orientation and support plan (Including off the mat)

She said she would like to be more mindful, a daily breathing and meditation practice would be helpful, she can also incorporate that into her daily life, eg take a deep breath between clients.some times taking a break and go for a walk in nature and to discover the beauty of nature.

Scientific research reference, integration plan for sessions

I could not find research on yoga and achilles tendonitis, but I was able to find this article :

<https://www.tummee.com/yoga-sequences/yoga-for-achilles-tendonitis>

I will be using some of the poses mentioned in the session.

Yoga philosophy/wisdom research reference, integration plan for sessions
Do your best leave the rest, since she is always on the go, tends to be a perfectionist, it is important that she gives herself permission to not always be perfect and learn to be comfortable with “good enough “ I am good enough.

Please submit this proposed care plan for client #1 along with your intake form with all personal information removed. Submit via email to your mentor plus

Svid1@aol.com, jbrunson@verizon.net

Vidyananda will keep for permanent records in our limited--access archives.

Jnana won't read docs but will keep track of all who submitted and who is missing.