

Rachel - care plan

Centering: Body awareness (Going through all the koshas)

Setting intention : I intend to listen to my body, mind and spirit.

Asana: (Chair yoga)

Netra vyayamam - Holding fist with thumb out in front. Eyes still and moving head side to side & up and down

Warmup full body joint activation practices

Back bend - Standing warrior1 using chair for balance

Forward bend - standing pyramid progression

Inversion - Standing downward dog

Twist - Seated spinal twist

Relaxation

Quick stretch and relax with imagery (An angel, saint, beloved person or higher power putting hands on you to heal. )

Breathing Practices

Breath awareness

Extended exhalation

Meditation

Mantra meditation

Closing

Yogic wisdom:

Panchamaya Kosha model

Kleshas (2.3): Ignorance, egoism, attachment, aversion clinging to bodily life are the five obstacles

Understanding stress

stress relieving techniques

Choosing one meditation technique to use regularly