

Client # 8 Proposed Care Plan

Your Name: Sonya Lopes Bayona

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Submission Date: October 27, 2024

Session Date: October 20, 2024

Mentor: Brahmi

Client Initials or Group Name (and location of sessions): CH

Category (*individual or group*): Individual

Proposed Number of Sessions: 1 – 4 or more

Planned Time per Session: 60 - 90 minutes

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*):

Client has pain in her right shoulder and limited range of motion.

Client Goals (*2 sentences max*):

Client would like to improve her mobility and get back into a regular yoga practice. She also would like to learn to meditate.

a) PHYSICAL/ENERGETIC KOSHA ASSESSMENT AND CARE PLAN (INCLUDING OFF THE MAT)

Centering

Asana

- **Hands:** Joint freeing movements for arthritis
- **Shoulder:** opposite hand supporting the elbow of the affected shoulder and lift up to a comfortable position, inhale and pull the shoulder blade back and down to increase the space between shoulder and the ear, then as you exhale gently pull the elbow across the body to get a stretch in the outside and in the back of the shoulder, hold and inhale deeply into the belly and exhaling and inhale deeply again into the belly exhaling out. Therapeutic Yoga to Fix Shoulder Impingement (minute 3:40 – 4:46).
- Seated cobra - upper back bend
- Seated Cat/Cow - spinal extension and flexion
- Standing Tadasana
- Standing half-locust w/o lifting the right arm - lower back bend
- Standing pelvic circles
- Standing forward bend with spinal stretch holding chair
- Note: client has high blood pressure therefore I am not giving her an inversion pose
- Standing twist with raised foot

DEEP RELAXATION – Yoga Nidra (lying down)

- From *The Healing Path of Yoga* by Nischala Joy Devi. This version has a scanning of the body while inhaling and exhaling to each body part – *which is like doing a pranayama practice.*

PRANAYAMA – Diaphragmatic Breathing, 2 - 3 minutes

- Dirga Swasam

CHANTING and Meditation - Kirtan Kriya Meditation - Sa Ta Na Ma
[\(991\) Dr. Dharma on the Healing Power of Kirtan Kriya - YouTube](#);
[\(991\) Kirtan Kriya Meditation - YouTube](#)

Additional Meditation – 1 minute

Simple meditation of tuning into the breath.

CO-CREATE A YOGA TOOL BOX

b) EMOTIONAL/MENTAL KOSHAS ASSESSMENT AND CARE PLAN (INCLUDING OFF THE MAT)

To lift client's mood and spirit we will do lots of Pranayama.

She will receive pranayama throughout the session:

- a) In between each asana she will be asked to inhale and exhale deeply and slowly.
- b) In Yoga Nidra during the scanning as described above, inhaling and exhaling to each body part.
- c) After Yoga Nidra diaphragmatic breathing.
- d) During chanting the Kirtan Kriya which includes inhaling deeply after each set of Sa Ta Na Ma.

c) SPIRITUAL ORIENTATION AND SUPPORT PLAN (INCLUDING OFF THE MAT)

For her spiritual support, she will receive a simple meditation on the breath.

She will receive Kirtan Kriya as per Dr. Dharma's video on the healing power of sound, chanting Sa Ta Na Ma while doing the mudra with both hands - as per the following video: [\(991\) Dr. Dharma on the Healing Power of Kirtan Kriya - YouTube](#); [Dr Dharma - Kirtan Kriya - History, Research and benefits](#); [\(991\) Kirtan Kriya Meditation - YouTube](#)

Additionally, I will encourage her to be mindful in her daily activities.

d) SCIENTIFIC RESEARCH REFERENCE, INTEGRATION PLAN FOR SESSIONS.

She is receiving physical therapy for her shoulder pain. I will give her something that helps her to bring her mind to her shoulder so that she connects with it. The practice is as follows: place opposite hand supporting the elbow of the affected shoulder and lift up to a comfortable position, inhale and pull the shoulder blade back and down to increase the space between shoulder and the ear, then as you exhale gently pull the elbow across the body to get a stretch in the outside and in the back of the shoulder, hold and inhale deeply into the belly and exhaling and inhale

deeply again into the belly exhaling out. Therapeutic Yoga to Fix Shoulder Impingement (minute 3:40 – 4:46).

Kinser PA, Elswick RK, Kornstein S. Potential long-term effects of a mind-body intervention for women with major depressive disorder: sustained mental health improvements with a pilot yoga intervention. Arch Psychiatr Nurs. 2014 Dec;28(6):377-83. doi: 10.1016/j.apnu.2014.08.014. Epub 2014 Sep 3. PMID: 25457687; PMCID: PMC4254446.

e) YOGA PHILOSOPHY/WISDOM RESEARCH REFERENCE, INTEGRATION PLAN FOR SESSIONS.

Client will be taught Stress Response education, and how conditioned internal stressors create much of the stress we experience, especially long-term stress. Client will be guided to identify her major inner stress. This will help her understand that stress that is internal is something she is able to have the control over and to change.

The Yoga Sutras of Patanjali, Translation and Commentary by Sri Swami Satchidananda

Sutra II.35 – Ahimsa – In the presence of one firmly established in non-violence, all hostilities cease.

Sutra II.1: Tapah (Tapasya) - Accepting pain as help for purification, study of spiritual books, and surrender to the Supreme being constitute Yoga in practice.

Sutra II.8 – Aversion/Dveshah – Aversion is that which follows identification with painful experiences.

Sutra II.33 - Pratipaksha Bhavana - When disturbed by negative thoughts, opposite-positive thoughts should be thought of.