

Yoga Therapy Care Plan

PERSONAL DATA

First name: _____ Stacy C _____ Last name: _____

Address: _____ City/State: _____

Phone Number: _____ Email Address: _____

Presenting Themes

Chronic grief, depression, emotional overwhelm, guilt/self-blame, loss of identity, tension in neck/shoulders, episodes of panic and nausea, codependent patterns, desire for peace and acceptance.

Primary Therapeutic Aim

Support emotional regulation, self-compassion, nervous-system resilience, and identity reconnection through yoga therapy practices that emphasize safety, presence, and agency.

OBJECTIVES | PLANNED INTERVENTIONS

Objective 1: Improve emotional regulation and nervous-system stability

Planned Interventions

- Breath work: extended exhale breathing, 1:2 ratio breath, gentle nadi shodhana
- Somatic grounding + vagal tone practices (e.g., humming, hand-to-heart touch, weighted blanket or yoga sand bags in rest)
- Restorative postures for down-regulation (supported child's pose, legs up wall, supported supine rest)
- Create a 5-minute "calm anchor practice" for home use

Rationale

Slow breathing + restorative practices increase parasympathetic tone and help interrupt panic cycles. Gentle somatic practices build emotional safety and reduce sympathetic overload triggered by grief and rumination.

Objective 2: Cultivate self-compassion + reduce self-blame/self-criticism

Planned Interventions

- Introduce *Ahimsa* (non-harm) and self-kindness as embodied practices and have SC come up with small acts of kindness that she can incorporate into her life

daily; also have her identify places where “kindness” exists, and have her immerse herself into these places 1-2x/week when possible

- Introduce Sutra 1.2 to help SC begin to learn how to witness her own thoughts and self-talk (how to view her life and Self when the “snow in the snow globe settles”)
- Guided loving-kindness meditation directed inward
- Pratipaksha Bhavana: Affirmation/mantra replacing self-critical language (e.g., “I am learning to forgive myself for being human”)
- Journaling prompts around tenderness, forgiveness, and letting go of “shoulds” (perhaps down the line using a prompt such as, “In an ideal world, what would you like your relationship with your sons to be like?” and then using this to find ways for SC to start moving in that direction)

Rationale

Self-compassion practices reduce depression, shame, and rumination. Yoga philosophy encourages compassionate witnessing over judgment. This supports healing grief, rebuilding identity, and softening inner harshness.

Objective 3: Strengthen sense of self + access meaning beyond caregiving roles

Planned Interventions

- Body-awareness practices to support reconnection with inner experience
- Gentle inquiry questions: “What brings me ease?” “What nourishes me?”
- Journaling on identity, values, joy, boundaries, and self-permission
- Sankalpa development: “I am allowed to belong to my life again,” or similar
- Somatic practices that center personal agency (e.g., “choose your movement” invitations)

Rationale

Trauma, grief, and codependence patterns can blur personal identity. Interoception and choice-based movement restore agency, autonomy, and self-trust. Inquiry + sankalpa support meaning-making and re-connection to authentic inner voice and purpose.

RATIONAL FOR CARE PLAN

This care plan is designed to support SC’s healing across emotional, mental, and somatic layers by gently regulating her nervous system, softening patterns of self-blame, and helping her reconnect to a sense of identity beyond grief and caregiving. Her long-standing depression, guilt, and anxiety reflect both emotional and physiological overwhelm, so the plan emphasizes breath-led movement, rhythmic somatic practices, and compassionate self-inquiry to release tension and restore balance. By weaving together evidence-based tools and yoga philosophy, this approach aims to help her discharge “stuck” emotional energy, build self-compassion, and rediscover personal agency. The overall intention is to create a safe, steady pathway for her to move from chronic guilt and emotional heaviness toward greater regulation, acceptance, and inner connection.

CARE PLAN

A consistent session flow that deepens weekly while supporting safety, regulation, and self-discovery.

1. Opening & Check-In (5–10 minutes)

- Brief emotional and physical check-in
- “What feels most present today?”
- Establish safety and pacing
- Optional review of home practice

2. Breath Awareness & Regulation (5–10 minutes)

- Grounding breathwork (extended exhale, 1:2 ratio, heart/belly breath)
- Introduce breath as an anchor
- Smooth transition into fluid movement to move stuck energy

3. Gentle Somatic Movement (15–20 minutes)

- Breath-led, rhythmic movements
- Neck/shoulder release, spinal waves, circles, intuitive stretching
- Somatic release (tapping, shaking, swaying)
- Choice-based prompts:
 - “What does your body want next?”
 - “Move only as far as is kind.”

4. Thematic Practice (10–15 minutes)

Each session follows one of four themes:

1. Grounding & Safety
2. Compassion & Softening Self-Blame
3. Identity & Agency
4. Integration & Meaning-Making

Possible tools: breath + mantra, intuitive movement, compassion cues, inner witness meditation, journaling, sankalpa work.

5. Closing Reflection (5 minutes)

- “What feels different now compared to when you arrived?”
- Invite one word or sensation
- Highlight any small shift or win

6. Home Practice (2–3 minutes)

- Short, accessible practices tied to the weekly theme
Examples: long exhale breathing, intuitive movement, compassion phrases, brief journaling.

CLIENTS READINESS TO CHANGE (circle one and explain)

Pre-contemplative

Contemplative

Preparation

Action

Maintenance

*SC is in a contemplative place right now, turning inward and quietly reflecting on what she feels and what she's been carrying. It's a softer, more thoughtful state where insights are starting to surface naturally and she appears open and ready for how you therapy might be able to benefit her.

REFLECTIONS

SC is entering this work with a tremendous amount of courage, carrying layers of grief, guilt, and self-blame that have shaped her inner world for years. What she needs most right now is gentle regulation, compassionate movement, and space to reconnect with who she is beyond her pain and caregiving roles. This care plan meets her exactly where she is—offering steady, breath-led movement to help her release emotional “stuckness,” practices that soften her inner critic, and reflections that guide her back toward agency, identity, and self-kindness. It creates a slow, compassionate progression designed to help her feel safer in her body, more supported by her inner resources, and more connected to moments of ease, clarity, and possibility.