

Practices for Xxxxx.

Joy Sciabica

Active Practice for strength & balance.

Recorded 09/26/2022
37-minute video

Seated in a Chair.

- Center, arrive.
- Warm-up
 - Balloon breath.
 - Lateral bends, elbow circles, revolve, cobra. Pause.
 - Seated Sun Salutations with leg lifts.
- Transition to standing with leg strengthening set.

Standing

- Warrior I, stepping forward and back. Humble warrior. R/L sides. Back of chair to side of front leg.
- Cross crawl
- Warrior II. Trace heart meridian. Back of chair in front of front foot.
 - Turn to face chair back, hands to chair back, lift back heel, possibly foot for Warrior III variation. R/L sides.
- Tree. Chair back to side.
 - Dynamic external rotation.
 - Static with ball of foot on the ground. Using chair to stabilize. R/L sides.
- Facing a clear wall space.
 - Dynamic downward facing dog to plank and back, three times.
- Pause.

Transition to the floor using chair seat as support.

Supine, lying on the back.

- Settle on to the back: knees bent, feet standing on the floor.
- Toe and heel taps. Shins somewhat parallel to ground, lower one heel/big toe down, raise, switch.
- Spleen hug sit-ups. Right hand to left ribs. Left hand to right upper arm.
- Apanasana, side-to-side, revolve.
- Pelvic tilts, dynamic bridge.
- Happy baby.
- Yoga mudra.
- Prepare for savasana/guided relaxation. (Approximately eight minutes guided.)
 - Guided relaxation, traveling awareness through regions of the body, sensing whole body breathing.
 - Quiet.

Practices for Xxxxx.

Joy Sciabica

Movement in Preparation for Guided Relaxation.

Recorded 10/03/2022
36-minute video

Standing (Could be practiced seated.)

- Tadasana- Center, ground.
- Arm Swings
 - Arms extended
 - Alternate extended/straight arm-bent elbows
 - Criss cross. Alternate which arm is on top.
- Revolve dynamically. Wide stance- Feet wider than hips.
 - Elbows bent, forearms parallel to the ground, upper arms on sides. Move side to side, alternating raised heel. Empty coat sleeves.
- Standing Cow/Cat. Knees bent, hands on thighs.
- Arms raised, slight back bend.

All Fours. Hands and knees or on forearms and knees.

- Happy Dog. Shoulder and hip of same side toward each other. Switch. Continue.
- Organic movement.

Arrange props, supplies nearby for closing of session and guided relaxation.

Supine/lying down on the back. (Could be practiced seated, preferably with legs raised and supported.)

- Apanasana. Knees to the chest. Hands on kneecaps, stir the knees.
- Organic movement.
- Spandana. Start with feet on the floor/mat. Slide, glide, chug along fascia of back side while progressively extending the legs until backs of heels are on the floor.
- Come to stillness. Settle for savasana & guided relaxation.
- Guided relaxation. (Approximately 20 minutes.)
 - 61 points
 - Rest in the color rose, energy, spaciousness, and light.

Integral Yoga Therapy program. Human Body training, Therapeutic Competency Assessment.
Joy Sciabica
With XXXXX XXXXXXX
August 23rd to November 3rd, 2022.

Evaluation Criteria for balance, leg strength, rest, and consistency of practice.

Please evaluate the following criteria by circling the description that is most accurate. Also, please include a few notes, reflecting on any changes that have occurred regarding your health and wellbeing goals as a result of yoga therapy with Joy.
We will discuss when we meet on Thursday, 11/03.

Prior to yoga therapy.

Balance

Very unsteady, Mildly Unsteady, Moderately Steady, Steady, Very Steady,

Leg Strength

Very weak, Slightly Weak, Moderately Steady, Strong, Very Strong.

Taking time for guided rest/relaxation (outside of sleeping at night.)

Days per week.

Zero, One, Two, Three, More than Three.

Consistency of yoga and/or health and wellness practices. (This includes guided relaxation.)

Days per week.

Zero, One, Two, Three, More than Three.

At the completion of yoga therapy sessions.

Balance

Very unsteady, Mildly Unsteady, Moderately Steady, Steady, Very Steady,

Leg Strength

Very weak, Slightly Weak, Moderately Strong, Strong, Very Strong.

Taking time for guided rest/relaxation (outside of sleeping at night.)

Days per week.

Zero, One, Two, Three, More than Three.

Consistency of yoga and/or health and wellness practices. (This includes guided relaxation.)

Days per week.

Zero, One, Two, Three, More than Three.

***** THANK YOU!!! *****