

<i>**These are the notes that I used to support me in delivering this series. They don't contain any information from the assessments that took place before or after the sessions although I kept those of my own records, in addition to the class recordings of each sessions, which I am happy to share if you'd like to see them.</i>											
Assessment Results											
Age											
38											
Notes from Pre-Series Assessment:											
Please describe your main objectives for participating in this series:											
Having back pains due to scoliosis. I would also like to go within and connect deeper with self											
Are you currently under a physician's care and if so, for what?											
No											
Please describe your current mobility and any limitations you'd like me to take into consideration:											
No											
Please identify one area/issue what you would most like to impact out of the sessions and what it would look like for you to achieve your desired result in that area:											
To be more flexible and learn techniques that would alleviate bones rubbing together where my spine curves.											
Notes from Pre-Series Call:											
Left job, started business course to do personal coaching, moving to Arizona...											
Loves the heat, weather, landscape, the food, etc...											
There's a lot of moving pieces going on. I lived on my own for almost ten years, now I'm around family a lot.											
Continuing to tap in internally, sometimes I am moving and not taking the time to breathe at times, not wanting to go too deep... I have to go deep into emotions and I'm not there right now...											
Even in dancing, which is one of my favorite things, slow movements: I have not been able to... In movement I like everything fast.											
When I tap in... it feels amazing. It opens up something beautiful. And there's more that I can go and discover.											
Back pain > curvature is on the left at the top. Bone on bone. Lack of movement right now. Notices that she habitually rests into the curve.											
Is currently using a "posture corrector"											
Notes from Post-Series Assessment:											
Of your main objectives for participating in this series, what were you able to address?											
Stretching techniques to help with back pain											
Of the practices we explored, what could you see yourself using as part of a regular self-care routine?											
Stretches											
What results did you accomplish that you were surprised by?											
Using pillows to help with being on the floor											
Is there anything else you'd like to say/share?											
Thanks the journal prompts at the end of the also helped to stimulate intentions gratitude											

Assessment Result
Age
31
Notes from Pre-Series Assessment:
Please describe your main objectives for participating in this series:
Being able to have fun and enjoy life more
Are you currently under a physician's care and if so, for what?
I'm doing therapy with Better Help.
Please describe your current mobility and any limitations you'd like me to take into consideration:
Just tight at hips and neck.
Please identify one area/issue what you would most like to impact out of the sessions and what it would look like for you to achieve your desired result in that area:
Better alignment of knees and feet.
Notes from Pre-Series Call:
I discovered something last night about this. I'm Christian and we were talking about the idols that we have. My idol was to avoid being dominated. This might be an area of why I never seem to have fun.
Whenever I'm doing any activity, I always want to make sure that I don't feel humiliated or dominated. If someone tells me what to do, I need to be able to choose it on my own terms.
Alot of people are able to enjoy themselves. For me, I don't feel like I feel I can do that.
What you would see is me being super present but that's a weird way to say it. But not actually trying to be present, just being super present. Being able to connect better with people because I'm just having fun.
If I were having a good meal, I would actually be really enjoying it. Even when I've made focused attempts to enjoy something and it actually is good.
Tight hips and neck - It's most likely stress related. There will be times when my neck will start cramping up and I will have to massage it out or do some kind of self-chiropractic stuff. I haven't had to go to the chiropractor since before the pandemic.
Every once in a while I feel like I need to realign my body and spine because I feel twisted up. Just by relaxing. Especially right under the shoulder blade, I experience twitching.
As far as my knees and my feet. My knees are pointed inward comparted to my feet. I've tried stretchign my calves as much as I could. I've just been resigned that this is the best that I can do.
I run slower that I'm "supposed to" because my feet are opposing one another.
Notes from Post-Series Assessment:
Of your main objectives for participating in this series, what were you able to address?
My neck is looser, and I think I'm enjoying myself more
Of the practices we explored, what could you see yourself using as part of a regular self-care routine?
The neck thing from the final session
What results did you accomplish that you were surprised by?
None
Is there anything else you'd like to say/share?
Thank you

Assessment Result	
Age	
23	
Notes from Pre-Series Assessment:	
Please describe your main objectives for participating in this series:	
After a semester of mostly sitting and working, my body feels stagnant and slow. I wake up feeling achey, and it just feels like my energy flow is stagnated inside of me. I'd like to transform that. I'd also love to have a self care practice for when I'm: having really terrible period cramps, and when I am anxious and overwhelmed (in those cases I often rely on junk food and technology to calm down Are you currently under a physician's care and if so, for what?	
I have auto-immune hepatitis. It's managed with meds and bloodwork every quarter. Last tests came back totally normal!	
Please describe your current mobility and any limitations you'd like me to take into consideration:	
The only limitation is intense heart opening movements cause a lot of pain for me.	
Please identify one area/issue what you would most like to impact out of the sessions and what it would look like for you to achieve your desired result in that area:	
The combination of sitting and studying so much and "not" moving through my anxiety in a healthy way has me feeling sticky/weak/heavy. I'd love a routine I can easily incorporate into my life that prevents this issue from developing. Ideally I will feel energized, confident in my ability to regulate my emotional state, and I wouldn't feel the physical effects of stress in my body.	
Notes from Pre-Series Call:	
Parents have COVID and she is dealing with stuff about it.	
More of the heaviness is because I also just had a really big fight with significant other this morning. That's where I'm really feeling the resignation and the loss of power.	
Stagnation, heaviness, resignation, weakness/low-energy... Finding that I deal with stress in the same ways consistently and when I've dealt with it, I don't feel much better but it doesn't consume my thoughts so I can move on.	
Working with all of the stressors, it goes the same way. I'm feeling the impact on my physical body as well. I feel sluggish in my body.	
Numbering the stress instead of actually moving through it and dealing with it. That now has me waking up with headaches and stress.	
Pain I am currently experiencing is due to stress vs. lifestyle / physical circumstances.	
Notes from Post-Series Assessment:	
Of your main objectives for participating in this series, what were you able to address?	
I was able to address my anxiety! The journaling was incredibly helpful and actually gave me new things to consider throughout my days when I became overwhelmed. The journaling also gave me access to new actions and practices that really served me (mindful communication and cleanliness/tidiness)	
Of the practices we explored, what could you see yourself using as part of a regular self-care routine?	
Journaling on the sutras!! I LOVE this practice!! So good. I journal about every other day so I'd really love to keep this up. I also really enjoyed how slow and careful our Sunday morning yoga classes were, and I'll take that with me in my teaching and my practice.	
What results did you accomplish that you were surprised by?	
I think I was able to move through bodily pain with more ease and peace of mind as a result of our practices. Which is really surprising to me. Like hanger or bloot or my chronic neck muscle pain didn't have to define my whole experience and that was eye-opening.	
Is there anything else you'd like to say/share?	
Thank you so much Ash for inviting me into this practice and for all of the care and time and energy you put into this to provide good for us. I really felt taken care of and supported by you, and I think that is really key to making therapeutic yoga work (beyond the asana, pranayama, and reflection).	

	Assessment Results																	
	Age																	
	68																	
	Pre-Series Assessment:																	
	Please describe your main objectives for participating in this series:																	
	To see if I can create more ease and flexibility in my right ankle and right hip																	
	Are you currently under a physician's care and if so, for what?																	
	Just general well being																	
	Please describe your current mobility and any limitations you'd like me to take into consideration:																	
	I have somewhat restricted mobility in my right hip. Especially in the rotation function. I also have some restriction in my right foot/ankle area																	
	Please identify one area/issue what you would most like to impact out of the sessions and what it would look like for you to achieve your desired result in that area:																	
	I would most like to identify what is happening in my right foot/ankle and develop more flexibility there																	
	Notes from Pre-Series Call:																	
	I'm looking to yoga gets you in touch with aspects of what's going on in your body that you don't always otherwise necessarily have access to... I will be looking to diagnose for myself... what the heck is going on with that foot/ankle, this crazy tightness up the right side of my lower leg																	
	I've had tons of sprained ankle injury over the course of my whole life. I went to barefoot/tight shoes right before that.																	
	I'm going to have my attention as we're doing things to what's going on there...																	
	I'll take responsibility for not doing what I shouldn't do. I don't expect you to customize every move.																	
	The things that happen with me is on my right side... everything that happens is on my right side. Right hip area.																	
	Left side, beautiful flexibility																	
	Overall flexibility is my physical advantage. I have that to a greater degree than a lot of people.																	
	Right side range of motion is limited. If I'm sitting in a lotus position.																	
	Wrists are a concern																	
	Post-Series Assessment:																	
	Of your main objectives for participating in this series, what were you able to address?																	
	I have had some improvement in my ankle/foot/lower leg pain and tightness																	
	Of the practices we explored, what could you see yourself using as part of a regular self-care routine?																	
	Some of the poses and especially stretches																	
	What results did you accomplish that you were surprised by?																	
	I was surprised by some of the poses and how well they addressed my concerns																	
	Is there anything else you'd like to say/share?																	
	It was fun, interesting and valuable. Ashley did a great job! I am impressed by her knowledge and capability																	

Section	Start Time	Time Allotted	Content	Notes
Heating movements	10:00	15-Min	Neck circles, hip work in a chair, side stretch with deep breathing and patting the chest, heating twists in a chair, hatha sun salutation and warrior sequence flow...	
Restorative Yoga Posture	10:15	10-Min, 5-Min each side	Deer pose with pillows	
Deep Progressive Muscle Relaxation	10:25	10-Min	Tension + Release, Yoga Nidra, safe place / the one seat visualization	
Breathing	10:35	5-Min	Nadi Shodhana	
Meditation	10:40	5-Min	Observer, returning to observing your experience	
Yoga Sutra	10:45		Pratipaksha Bhavana (Both Sutras)	
Inquiry / Journal Prompt		15-Min	<i>What is the doubtful or "wayward thinking" that is presently impacting you most today? What does it thwart or prevent you from? If I were a fly on the wall, what would it look like for me to see you engaging with that kind of thinking?</i>	
Journal Prompt for the Week:				
<i>Pratipaksha Bhavana means literally "cultivating the opposite." In yoga, we regard bringing awareness to doubtful or "wayward thinking," itself, as pratipaksha bhavana. Why is that?</i>				

Section	Time Allotted	Content	Notes
		Start with taking stock of the body (BRIEF), do this kneeling, and incorporate front of ankle and neck stretch	
Heating movements	15-Min	Adaptive sun salutation with seated twists	
Restorative Yoga Posture	10-Min, 5-Min each side	Supta Badha Konasana and side twists	
Deep Progressive Muscle Relaxation	10-Min	Tension + Release Yoga Nidra	
Breathing	5-Min	Brahmari Breath	
Meditation	5-Min	Netti netti meditation, returning to not-this not-this	
Yoga Sutra	15-Min	The obstacles that distract the mind and disrupt practice are: -Disease -Dullness, compacency, narrow-mindedness -Doubt -Carelessness -Laziness -Sensuality or addiction to sense experiences -Confused, false, or shifting views on principles of life, wisdom teachings, and practice -Failure to reach firm ground -Slipping from the ground gained	
Inquiry / Journal Prompt		<i>Reflecting on what you just heard, how can you see over the last week, that any of these from the list impacted you in the last week? Look at as many as you like but look only over the last week. You can also reflect on how any one of them impacted the condition you came here to work with.</i>	
Journal Prompt for the Week:			
<i>Now, of the list, select only one of these to focus on for the entire week. Choose one specific way to address it and commit to that for the entire week. Then, each day, reflect in your journal on how it went.</i>			

Section	Time Allotted	Content	Notes
Heating movements	15-Min	Modified Sun Salutation w. Opportunities for Back and Ankle stretching. Bada Konasana / Straddle Pose Seated with Neck, Back, Hip and Ankle Work...	
Restorative Yoga Posture	10-Min, 5-Min each side	Variation on Mountain Brook	
Deep Progressive Muscle Relaxation	10-Min	Tension + Release Yoga Nidra	
Breathing	5-Min	Kapalabhati Breath	
Meditation	5-Min	Observer Meditation, Consider what you become. Consider what you could become?	
Yoga Sutra	15-Min	Sutra 1.4	
Inquiry/Journal Prompt		<i>When the mind is agitated or clouded, what are some of the notions/ideas that you become identified with?</i>	
Journal Prompt for the Week:			
<i>If you didn't become that/if the self weren't identified as that, what would you be interested in becoming/what kinds of thoughts would you want to identify yourself with?</i>			

Section	Time Alotted	Content	Notes
Heating movements	15-Min	Range of movement in paschimottanasana, vigorous sun salutation, firelog pose into twisted child's pose	
Restorative Yoga Posture	10-Min, 5-Min each side	Twisted child's pose	
Deep Progressive Muscle Relaxation	10-Min	Tension + Release, Yoga Nidra	
Breathing	5-Min	3-Part Breath	
Meditation	5-Min	Netti netti meditation, returning to not-this not-this	
Yoga Sutra		Satya	
Inquiry/Journal Prompt	15-Min	<i>To one who is established in Truth, actions and their results become subservient. If you took the case that, to one who is established in Truth, actions and their results become subservient, what are some of the truths you'd like to practice telling this week?</i>	
<u>Journal Prompt for the Week:</u>			
<i>If you took the case that, to one who is established in Truth, actions and their results become subservient, what are some of the actions and then what are some of the results you'd like to see become subservient to you out of this practice?</i>			