

Group # 1 Proposed Care Plan

Your Name: Sonya Lopes Bayona

Your Email: slopesbayona@gmail.com

Submission Date: September 27, 2024

Session Date: October 1, 2024

Mentor: Brahmi

Client Initials or Group Name (and location of sessions): Yoga Therapy For Joint Health In A Population Of Seniors Seeking To Improve And Maintain Mobility

Category (*individual or group*): **Group**

Proposed Number of Sessions: 4

Planned Time per Session: 75 - 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*): Joint Mobility and Flexibility

Client Goals (*2 sentences max*): Yoga Therapy For Joint Health in a Population of Seniors Seeking to Improve and Maintain Mobility/Flexibility – Learning to observe (proprioceptive attention) how the body feels as we move in the poses.

Centering/Awareness Practice

Class time check-in with students

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

Asana

- **Joint Freeing Movements – all joints of the body**
 - Group 1 Foot/Ankle

- Group 2 Knee
- Group 3 Hip
- Group 4 Wrist/Hand
- Group 5 Elbow
- Group 6 Head/Neck
- Group 7 Scapula
- Group 8 Spine

- **Chair Yoga**

- Standing Half-Locust
- Seated Cobra
- Standing forward bend with spinal stretch (not full inversion)
- Standing Twist
- (Other poses if time permits)

Breathing practice

- Observe the breath technique - SMTT manual pg 122
- Dirgha Swason - Diaphragmatic Breathing

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

Progressive Deep Relaxation – Yoga Nidra

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

Guided Meditation. Yoga wisdom as outlined in the section on Yoga Philosophy below.

d) SCIENTIFIC RESEARCH REFERENCE, INTEGRATION PLAN FOR SESSIONS.

This review of articles on yoga for person with arthritis says “yoga incorporates several elements of exercise that may be beneficial for arthritis including moving joints through their full range of motion (such as flexion, extension, adduction, abduction and rotation) increases flexibility, while standing poses promote balance and the strengthening and stabilizing of muscles, and improves proprioception to reduce falls.”

Haaz S, Bartlett SJ. Yoga for arthritis: a scoping review. Rheum Dis Clin North Am. 2011 Feb;37(1):33-46. doi: 10.1016/j.rdc.2010.11.001. Epub 2010 Dec 3. PMID: 21220084; PMCID: PMC3026480.

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

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

Reframed Yoga Philosophy:

- Ahimsa starting with ourselves and our own bodies.
- Satya starting with ourselves and how we really feel.
- Our true nature is experienced in a calm mind state.
- When we quiet the mind, we experience a deep sense of peace.

- Walking this road of life with Love (Bhakti)
 - Go for your dreams with all of your heart - never give up on your dreams.
 - Feel love for all without attachment to any attachment or expectation.