

Care Plan for Client#1					
No	Pratice	Reason	Koshas benefit from practice	Off the mat practice	Resource
1	Body Scan	Ellicits awareness on all koshas	Annamaya, Pranamaya, Manomaya, Vijnanamaya		
2	Setting Intention(Sankalpa)	Uses subconscious mind to focus on their goal on making a change	Vijnanamaya,	Daily in the morning	3 Neuroscience-Based Techniques for Harnessing Intentions RAS (Reticular Activating System)
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					A Step-by-Step Guide to Setting Intentions (and Sticking to Them)
3	Warm Up: JAPA (Joint Activation Practices for All)	Lubricates joints warms up the body	Annamaya, Pranamaya, Manomaya	Mindful Walking in the woods with dog	HBED module
4	Backbend: Standing Warrior1 w/ chair support	Stress management - Activates SNS			SMTT manual
5	Forward bend: Stading Pyramid w/ chair support	Stress management - Activates PSNS			SMTT manual
6	Balance: Standing Warrior 3 w/ chair support	Improves balance			SMTT manual
7	Inversion: Standing Downward dog w/ chair support	Stress management		Legs up the wall instead of full shoulder stand	SMTT manual
8	Twist: Seated twist	Stress management			SMTT manual
9	Relaxation: On the floor w/ elevated support for the back	Relaxes all the koshas	Annamaya, Pranamaya, Manomaya, Vijnanamaya	Before bedtime	Adaptive TT
10	Breathing practice: Deerga Svasam leading into long exhalation	Strengthens the abdominal wall, Calms the NS	Annamaya, Pranamaya, Manomaya, Vijnanamaya	In the morning	SMTT manual, Diaphragmatic Breathing
11	Gratitude meditation		Annamaya, Pranamaya, Manomaya, Vijnanamaya	In the morning	
12	Offering the practice				