

Cas: Care Plan Design

Centering:

- Body awareness
- Chanting “om”
- Smiling @ palms

Asana: (Chair support)

- Setting intention (Sankalpa)
- Netra vyayamam
- Warmup *full body - Joint Activation Practices for All (JAPA)*
- Back bend - Standing locust pose
- Forward bend - Standing forward fold
- Inversion - Downward dog using chair
- Twist - Seated spinal twist

Relaxation (lying down on the floor)

- Basic IY deep relaxation, with all elements
- Breath awareness w/ extended exhalation
- Energy flowing through the body and awakening each part

Breathing Practices

- Deep, 3-part breathing
- Kapalabhati
- Nadhi suddhi
- Brahamari

Meditation

- Mantra meditation
 - Chanting “om - ahhh..ooo...mmm..) or Peace begins with me or
 - Repeating Affirmation “I detach myself from everything that constricts me and fully enjoy my new freedom. I feel safe and secure in the Divine light, which gives me support.”

Closing

- Lokah samastha...
- Dedicating practice
- Smiling at palms

Wisdom teachings:

- What is ignorance
- What is practice and vairagya