

JY - Care Plan

Duration: 4 weeks

Format: Weekly private sessions + home reflection/practice

Primary Themes: Space, self-study, discernment, and inner alignment

Objectives and Planned Interventions

Objective 1: Cultivate space, rest, and mental quiet to support discernment

- *Planned interventions:*

Restorative yoga postures, supported stillness, breath awareness without effort, and guided quiet reflection. Practices will emphasize creating space in both the body and mind to reduce mental noise and allow insight to arise naturally.

- *Wisdom reference:* **Yoga Sutra 1.2 – Yogaḥ citta-vṛtti-nirodhaḥ**

Yoga as the settling of mental fluctuations, allowing clarity to emerge from stillness rather than force.

Objective 2: Support Svādhyāya (self-study) through values exploration

- *Planned interventions:*

Reflective inquiry, journaling, and structured worksheets (Core Brackets worksheet) to help JY identify her core values, examine how her current life reflects or conflicts with those values, and notice emotional or somatic responses that arise during reflection.

Objective 3: Explore dharma and purpose through curiosity and pattern recognition

- *Planned interventions:*

Guided reflection using structured tools including a three-column inquiry (Good At / Enjoy / Called To) and open-ended brainstorming prompts (“What fills my cup?” and “What makes me feel most alive?”). Emphasis will be placed on noticing themes rather than arriving at conclusions.

Rationale for the Care Plan

JY is navigating prolonged relational stress and a significant identity transition, accompanied by fear and uncertainty about change. This care plan prioritizes creating space before action, supporting nervous system regulation, and cultivating self-inquiry rather than decision-making. By integrating rest, svādhyāya, and dharma exploration, yoga therapy offers a steady container in which JY can listen inward, clarify values, and reconnect with what feels meaningful and life-giving. The approach emphasizes pacing, agency, and embodied awareness, allowing insight to arise organically while maintaining emotional safety.

4-Week Care Plan Outline

Week 1: Creating Space & Settling the Mind

Focus: Rest, support, and mental quiet

Theme: “Nothing to fix, nowhere to go”

Session practices:

- Fully supported restorative postures
- Gentle body scan
- Natural breath awareness
- Brief reflection on stillness

Wisdom anchor: Yoga Sutra 1.2

Homework:

- 5–10 minutes, 3–4x/week of restorative rest
- Reflection prompt:
“What do I notice when I allow myself to pause without problem-solving?”

Week 2: Svādhyāya & Core Values

Focus: Self-study and inner honesty

Theme: “What matters to me?”

Session practices:

- Gentle movement followed by seated reflection
- Introduction of Core Brackets worksheet
- Somatic check-in while reviewing values

Inquiry tools:

- Identify top core values
- Reflect on where current life aligns or feels strained

Homework:

- Complete Core Brackets worksheet
- Journal prompt:
“Where do I feel most aligned in my life? Where do I feel tension or contraction?”

Week 3: Dharma Exploration & What Draws Her Forward

Focus: Curiosity, meaning, and attraction

Theme: “What calls to me?”

Session practices:

- Slow, choice-based movement
- Breath-led transitions
- Guided inquiry

Inquiry tools:

- Three-column reflection:
 - What I’m good at
 - What I enjoy
 - What I feel called to
- Brainstorming prompts:
 - “What fills my cup?”
 - “What makes me feel most alive?”

Homework:

- Continue journaling on emerging themes
- Reflection prompt:
“What do I notice repeating itself without effort?”

Week 4: Integration, Contentment & Forward Listening

Focus: Integration and gentle orientation toward the future

Theme: “Holding peace while allowing change”

Session practices:

- Restorative sequence
- Breath + reflection
- Contemplation on Santosha and inner steadiness

Integration:

- Review values, dharma reflections, and somatic insights
- No decisions required; emphasis on awareness and trust

Homework:

- Choose one practice (rest, journaling, inquiry) to continue
- Final reflection prompt:
“What feels true for me right now, even if nothing changes yet?”

Therapist Reflections (Yoga Therapist Lens)

Throughout this care plan, I intentionally emphasized spaciousness, rest, and non-doing as primary therapeutic tools. JY responded most deeply when given permission to slow down and listen inward without expectation or outcome. The integration of svādhyāya and dharma inquiry supported insight without overwhelm, allowing patterns to emerge organically rather than through analysis.

I remained mindful of scope, offering yoga therapy as a container for regulation, awareness, and self-trust rather than guidance or advice regarding life decisions. Moving forward, I will continue to prioritize pacing, choice, and embodied inquiry, supporting JY in strengthening her relationship with her own inner authority.