

Jeanne - Care Plan

Yogic Wisdoms: Stress management

- a. Yamas - Compassion, love (Ahimsa), The right use of energy (Brahmacharya)
- b. Niyamas - Cleanliness (saucha), Contentment (Santosha), Self-reflection (svadyaya), self-discipline (tapasya), surrendering to a higher power (Ishwara pranidhana)
- c. Practice and non-attachment
- d. Sutra 1.33
- e. Sutra 2.33
- f. Kleshas

Yoga flow:

Centering: Body Awareness

Warm-ups: Gentle bed / chair Joint freeing practices, Chair sun salutations (Progression)

Asanas: Therapeutic Yoga poses - Therapeutic Yoga Level 1 manual

- Back Bend: Mountain Brook
- Forward Bend: Supported Child's pose
- Twists: Supported spinal twists
- Inversion: Legs up the wall

Yoga nidra w/ healing guided imageries

Breathing practices: Deep 3-part breath, Cooling breath, Breath awareness

Meditation: Mantra meditation, Loving and kindness meditation, Healing meditation