

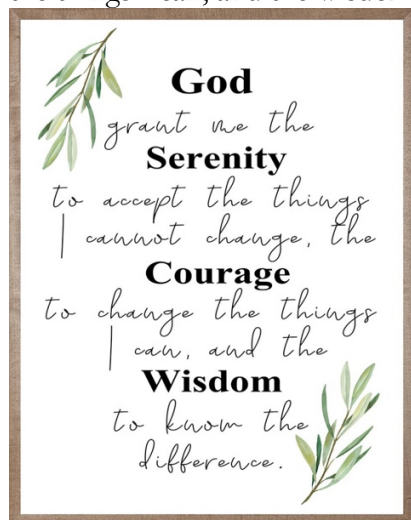
Themes. Since client is working with a PT, this is an opportunity to give time to breathwork. Stress management education, practices to relieve stress and mitigate heightened stress response. Linking breath and movement, awareness practices, and walking meditation are appropriate for this client. Work on expanding the client's window of saatva. Include practices to activate prana and udhana vayus; and anahata, vishuddha, and ajna chakras. Cultivate witness presence, and access to inner wisdom. Settle rajasic and vata energies.

What.	Why, How
• Arrive, Center. Ground, settle. • Read Serenity prayer. * See next page. • Check-in. Reflections. • Awareness practice across the koshas.	Seated. Full belly breathing. Teach ujjayi. Gather awareness in present moment. Set the tone for the session. Give voice to how she's showing-up. Observe without getting involved in the thoughts. Allow the client time for internal awareness, free of judgement.
• Revisit practices from intake session. • Extended exhale.	Tapping around the orbital bones with sigh breath. Full belly breathing, diaphragmatic breathing.
• Warm-up	Standing. Six movements of the spine linked with breath. Focus the mind. Practice incorporating breath pattern into movement pattern.
• Netra vyayamam.	Ease mental tension. Improve vagal tone.
• Introduce soft Ujjayi breath. • Eventually progress to Bhramari pranayama.	Seated. Breath awareness. Shape the breath. Teach the breath technique. Explain it's effect: slows the pace of the breath, focuses and quiets the mind. Induces relaxation response. Improve vagal tone, shift from SNS to ventral vagal branch.
• Link breath pattern to movement pattern. Choose among the following: ○ Cow/cat ○ Dynamic bridge ○ Anjaneyasana, dynamic ○ IT band stretch + extended exhale ○ Chair pose ○ Navasana, dynamic.	Choose among the client's favorite PT exercises. Practice moving through the PT exercises, coordinating breath and movement. Build concentration, increase range of motion. Explore slow, steady movements, fully present. Inhale receive fresh energy/prana/life force and sense the upward flow of energy. Exhale release/disperse stress and tension out of the body and the mind.
• Prepare for relaxation. Cyclic sighing.	Seated. Establish full diaphragmatic breathing. Inhale through the nose into belly region, than chest. Exhale with an audible sigh. Awareness of prana and udhana vayus. Sense movement of the breath through 4th, 5th, and 6th chakras. Return to the solidity of the ground, the earth element.
• Prepare for relaxation with slow movement and reclined twist.	Supine. ½ apanasana + drawbridge R/L. Apanasana, compress and release, side-to-side rotation. Hamstring stretch. Supine twist, hooking toes of top leg behind extended leg (per PT recommendation) R/L. Constructive rest or viparita karani. Pandicular movement and/or organic movement. To compress and open through the abdominal region, and open the breath in this region. Possibly begin to dissolve the big ball of anxiety client feels in the belly. Return to quiet ujjayi breathing. Equal counts to inhales and exhales. Balance the breath and the nervous system.
• Guided relaxation with imagery. • Prepare with Sama vritti, same wave, pranayama. Slow, steady, even breathing. Lengthen count from 4, 5, to 6 with ease.	Supine. Supported savasana shape. Sense physical, energetic, mental, emotional bodies. Take the place of the witness. Travel awareness through the body. Include the element of water to sooth and nourish. Possibly imagine being in a favorite peaceful place, real or self-created. Experience the place through all five senses. Rest in this place of safety, comfort and tranquility.
• Ground and return to world around.	Seated. Rub hands together, create warmth, cup hands over eyes, receive warmth, stack hands over heart center, take three breaths, slowly open eyes.
• Recite Serenity prayer. Meta meditation starting with own self. Om shanti. Namaste • Feedback. Home practice.	Is there another prayer that inspires the client? Leave centered and focused. Cultivate self-compassion and self-care.. Check-in: physical, mental/emotional. Verbally express shared experience. Discuss realistic, doable home practices.

Ideas for future practices. Nadi shodhana. Guided relaxation with personal imagery. Walking meditation. Shamatha meditation. Discuss creating boundaries for her own self-preservation and health.

Home practice between sessions. Rosary as mantra: focus and quiet the mind, detach from striving. Include one self-care activity in the week between sessions. Could be taking a warm bath, getting a massage, taking a break in a way of her choice, in solitude or with friends, Continue with PT exercises and link breath to movements.

*Serenity Prayer: God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.



- Scientific research reference(s), why chosen, how you plan to incorporate 1-3
 - Include exercise guidelines and/or contraindications where relevant. To avoid dizziness and lightheadedness, lift up from forward bends slowly and mindfully from the left side. Advice from balance clinic specialist.
 - Sullivan MB, Erb M, Schmalzl L, Moonaz S, Noggle Taylor J, Porges SW. Yoga Therapy and Polyvagal Theory: The Convergence of Traditional Wisdom and Contemporary Neuroscience for Self-Regulation and Resilience. *Front Hum Neurosci*. 2018;12:67. Published 2018 Feb 27. doi:10.3389/fnhum.2018.00067
 - Incorporated effort to expand window of saatva/window of tolerance.
 - Lemay V, Hoolahan J, Buchanan A. Impact of a Yoga and Meditation Intervention on Students' Stress and Anxiety Levels. *Am J Pharm Educ*. 2019;83(5):7001. doi:10.5688/ajpe7001
 - Incorporate centered, mindful breath practices. Shamatha Meditation.
 - Spindler, Beth, Trauma-Aware Yoga and Movement Therapeutics for Older Adults: Managing Common Conditions by Healing the Nervous System First, p.215, Polyvagal theory, the gunas, and the goal of life, Singing Dragon, 2023.
 - Correlating Gunas with the polyvagal model. Helpful tool to further understand the stress response.
- Yoga philosophy/wisdom research reference(s) 1-3, why chosen, how you'll incorporate.
 - Patanjali's yoga sutras 2.49 "That (firm posture) being acquired, the movements of inhalation and exhalation should be controlled. This is pranayama." and 2.53 "As its result, the veil over the inner light is destroyed."
 - To reestablish a sense of self effulgent, inner light.
 - Serenity Prayer above.
- Questions for mentor. Any suggestions for other practices to reduce anxiety? Thank you for reviewing my work Sue.