

Group # 2 Proposed Care Plan

Your Name: Sonya Lopes Bayona

Your Email: slopesbayona@gmail.com

Submission Date: October 2, 2024

Session Date: October 3, 2024

Mentor: Brahmi

Client Initials or Group Name (and location of sessions): Yoga Therapy For Stress Management

Category (*individual or group*): Group

Proposed Number of Sessions: 4

Planned Time per Session: 75 - 90 minutes

Please provide thorough & concise information below. Your care plan should be approved by your mentor, with any amendments they suggested, prior to starting your Yoga Therapy sessions beyond the intake session.

Presenting Problem (*2 sentences max*): Stress

Client Goals (*2 sentences max*): Yoga Therapy For Stress Management - Going within to observe (interoceptive attention) how the body feels as we Move in the Poses.

Centering/Awareness Practice

Class time check-in with students

**a) PHYSICAL/ENERGETIC KOSHA ASSESSMENT AND CARE PLAN
(INCLUDING OFF THE MAT)**

Asana

Netra Vyayamam - Eye Movements

Chair Yoga

- Seated cobra
- Seated forward bend/Turtle, progress to.....
- Seated forward bend
- Tadasana with affirmation
- Half moon
- Standing half-locust (back bend)
- Pelvic Circles
- Waist Circles
- Spinal twist (twist)
- Standing forward bend with spinal stretch (not full inversion)
- Spinal flexion and extension (cat/cow on chair)
- Seated Side Bends

Breathing practice

- Observe the breath technique - SMTT manual pg 122
- Dirgha Swason - Diaphragmatic Breathing

b) EMOTIONAL/MENTAL KOSHAS ASSESSMENT AND CARE PLAN (INCLUDING OFF THE MAT)

The group will be taught about the Stress Response and about conditioned internal stressors. It will help them to understand that some stress is internal and that they have control over it.

Progressive Deep Relaxation – Yoga Nidra

c) SPIRITUAL ORIENTATION AND SUPPORT PLAN (INCLUDING OFF THE MAT)

Guided Meditation.

Yoga wisdom as outlined in the section on Yoga Philosophy below.

d) SCIENTIFIC RESEARCH REFERENCE, INTEGRATION PLAN FOR SESSIONS.

In the study below, the authors believe there is a link between breathing, vagal nerve stimulation and improvements in body and mind. They have looked at slow, deep diaphragmatic breathing with emphasis on long exhalation, and respiration cycles with longer exhalations, and paying attention to natural breathing leading to vagal nerve stimulation and the turning on of the parasympathetic nervous system and thus the reduction in stress markers such as heart rate, blood pressure and salivary cortisol. Breathing techniques are a component of contemplative activities such as meditation, mindfulness and yoga (the authors say) and they find these practices in general to have beneficial effects on cardiopulmonary fitness, immune function, psychological health, stress, anxiety and executive functions.

Gerritsen RJS, Band GPH. Breath of Life: The Respiratory Vagal Stimulation Model of Contemplative Activity. *Front Hum Neurosci*. 2018 Oct 9;12:397. doi: 10.3389/fnhum.2018.00397. PMID: 30356789; PMCID: PMC6189422.

Dr. Maria Juarez-Reyes MD, PhD. Beyond Stress and Anxiety: How Stress Affects the Body and What You Can Do to Manage It (youtube.com)

e) YOGA PHILOSOPHY/WISDOM RESEARCH REFERENCE, INTEGRATION PLAN FOR SESSIONS.

The Yoga Sutras of Patanjali, Translation and Commentary by Sri Swami Satchidananda

Reframed Yoga Philosophy:

- Ahimsa – do no harm that includes to ourselves and our own bodies.
- Satya – starting with ourselves and how we really feel.
- Our true nature is experienced in a calm mind state.
- When we quiet the mind, we experience a deep sense of peace.

- Walking this road of life with Love (Bhakti)

- Go for your dreams with all of your heart - never give up on your dreams
- Feel love for all without attachment to any