

Care Plan for client # Aging with grace

Client initial: Aging

Group goals: Maintain balance, flexibility and strength

Individual client goals:

1. Improve flexibility, balance and breathing
2. Improve flexibility, balance and breathing
3. Practice yoga that emphasis on aging
4. Minimize pain and reduce stress
5. Reduce stress and improve sleep

Care plan (including off the mat):

Numbers of session: 6 weekly sessions

Time/session: 90 min

Physical practice: Asana will be done on a chair or mat; bolster, blocks and straps will be used as needed.

- Eye movement
- Movement of the head and neck and spine
- Shoulder rotation and eagle arm
- Walking on the spot
- Seated sun salutation or with chair support
- Downward dog
- Mountain
- Chair
- Tree
- Warrior II
- Triangle
- Cobra
- Alternate lift arm and leg
- Child
- Head to knee
- Seated forward fold
- Yoga nidra

Pranayama: Grounding pranayama to aid Vata imbalance

- Three-part breathing
- Alternate nostril
- Brahmari
- Extend exhalation
- Ujayii

Meditation – Kirtan Kriya, gratitude

Yogic wisdom: Klesha (sutra 2.3), The eight limbs of yoga (sutra 2.29).

Home practice:

1. Meditation – 10 min daily
2. Breath – Three-part breathing, alternate nostril 10 min daily
3. Gentle yoga – 30 minutes once a week.

Assessment: Balance (standing on one foot with no support, tandem standing) and PANAS

Citations: All citations have examples of asana sequence as well as breathing and meditation practices that can be adapted to the class.

1. Lu YH, Rosner B, Chang G, Fishman LM. Twelve-Minute Daily Yoga Regimen Reverses Osteoporotic Bone Loss. *Top Geriatr Rehabil.* 2016 Apr;32(2):81-87. doi: 10.1097/TGR.0000000000000085. Epub 2015 Nov 5. PMID: 27226695; PMCID: PMC4851231.
2. Yao C-T, Lee B-O, Hong H, Su Y-C. Effect of Chair Yoga Therapy on Functional Fitness and Daily Life Activities among Older Female Adults with Knee Osteoarthritis in Taiwan: A Quasi-Experimental Study. *Healthcare.* 2023; 11(7):1024. <https://doi.org/10.3390/healthcare11071024>
3. Gothe NP, Erlenbach E, Garcia V, Malani R, Voss S, Camacho PB, McAuley E, Burd N, Sutton BP, Damoiseaux JS. Yoga, aerobic and stretching exercise effects on neurocognition: Randomized controlled trial protocol. *Contemp Clin Trials.* 2023 Aug;131:107240. doi: 10.1016/j.cct.2023.107240. Epub 2023 May 25. PMID: 37244365; PMCID: PMC10527553.
4. Tolahunase M, Sagar R, Dada R. Impact of Yoga and Meditation on Cellular Aging in Apparently Healthy Individuals: A Prospective, Open-Label Single-Arm Exploratory Study. *Oxid Med Cell Longev.* 2017;2017:7928981. doi: 10.1155/2017/7928981. Epub 2017 Jan 16. Erratum in: *Oxid Med Cell Longev.* 2017;2017:2784153. doi: 10.1155/2017/2784153. PMID: 28191278; PMCID: PMC5278216.