

AZ is a 20 yo female with history of PTSD and depression who presented to the clinic due to insomnia, anxiety, feelings of sadness and loneliness, flashbacks, nightmares. She has some neck tightness and shoulder tightness.

Anamayakosha: insomnia, neck and shoulder tightness.

Intervention is to teach yoga nidra and JAPA practices.

Pranamayakosha: it was noticed in assessment that she has more rapid and shallow breathing. Low energy.

Intervention is to teach 3 part breathing, alternate nostril breathing

Manamayakosha: emotions of fear predominate. Fear of being alone along with fear of something bad happened to her. Fear of other and fear of the future.

Intervention: Use breath techniques to help relax thoughts and help client partake in activities that make her feel safe.

Vijnanamayakosha: thoughts that she will be harmed, thoughts of the past traumatic experiences

Help client identify with a sense of self that is not encumbered with the sadness and to identify with her higher self, using the concept of helping client to abide in her true nature.

Will plan to use yoga nidra, meditative practices (possibly walking meditation), and help her identify healing spaces where she can resonate with the healing energy of nature, with the idea that nature is conducive to a sense of calm in which her true nature may be experienced.

Anandamayakosha: not able to access.