



Yoga Therapy Group Care Plan

PERSONAL DATA

(Include First and Last Name, Phone number)

Student 1: Helaine R

Student 2: Jenny P

Student 3: Marci K

Student 4: _____

Student 5: _____

Student 6: _____

GOALS

1. **To enhance mind-body connection and self-awareness** through yoga therapy, creative reflection, and somatic exploration—supporting emotional balance and nervous system regulation.
2. **To cultivate resilience, peace, and presence** by integrating tools for grounding, breath regulation, and mindful creativity that foster long-term wellbeing.

REASON FOR TREATMENT (common need for all)

The group presents with symptoms of chronic stress, disconnection from the body, and difficulty finding inner calm amid transitional life phases. Members share a common desire to restore balance, cultivate presence, and reconnect with personal strength—both mentally and physically—through mindful awareness and embodied practice.

OBJECTIVES | PLANNED INTERVENTIONS

1. **Promote body–mind awareness and self-regulation** through yoga therapy practices that include movement, breathwork, and grounding techniques.
2. **Facilitate emotional expression and nervous system balance** using creative modalities (art, journaling, or sound) to release tension and foster calm.
3. **Encourage self-reflection and resilience** by integrating yogic philosophy and mindfulness tools that cultivate acceptance, presence, and inner strength.

TREATMENT PLAN

- **Week 1 – Ground & Connect (Mind–Body Regulation)**
Gentle grounding movement, restorative postures, and breathwork calm the nervous system and rebuild embodied awareness.
Creative Activity: Create a nature-inspired mandala (leaves, stones, or paper shapes) to symbolize stability and safety.
Journal: “Where do I feel most at home in myself?”
- **Week 2 – Balance & Flow (Creative Expression & Emotional Balance)**
Slow, fluid sequences and heart-centered meditation promote energetic balance and emotional flow.
Creative Activity: Express emotional states through watercolor or pastel, allowing colors to move intuitively.
Journal: “What helps me stay steady when life feels uncertain?”
- **Week 3 – Inner Strength (Mind–Body Regulation + Creative Expression)**
Empowering postures and guided visualization awaken vitality, confidence, and personal power.
Creative Activity: Collage or paint an image that represents your inner strength or transformation.
Journal: “What does my inner strength look or feel like today?”

- **Week 4 – Integration & Renewal (Inner Wisdom & Integration)**
Restorative movement and Yoga Nidra support release and renewal, integrating insight into lasting peace.
Creative Activity: Write or sketch a symbolic “new chapter” page reflecting growth and renewal.
Journal: “How would I rewrite the narrative of my life?”

REFLECTIONS

Student 1: Helaine is working toward rebuilding both physical and mental strength, using embodied yoga therapy practices to ground her energy and cultivate inner peace. Her journey centers on reconnecting with her body as a source of steadiness and self-trust.

Student 2: Jenny is exploring how to move through menopause with greater ease and self-acceptance, deepening her connection to her changing body through mindful awareness and creative reflection. Her work focuses on finding balance and calm within transition.

Student 3: Marci is learning to quiet mental overactivity and find presence through grounding, breathwork, and expressive practices. Her focus is on reducing stress, cultivating mindfulness, and creating space for stillness in both body and mind.