

Yoga Therapy Care Plan

PERSONAL DATA

First name: Marylin M.

Last name: _____

Address: _____

City/State: ED, NJ

Phone Number: _____

Email Address: _____

OBJECTIVES | PLANNED INTERVENTIONS

1. Yoga Philosophy to improve confidence and self-acceptance.
2. Asana to improve strength and self-confidence.
3. Guided meditation to increase self-acceptance and love
4. Chanting - to ↑ comfort using her voice to speak her truth and to strengthen/reduce blockage in throat chakra.

RATIONAL FOR CARE PLAN

Marylin M. is a 71 year old female, married, w/ 2 grown sons.
She is married to a recovered alcoholic and she has endured a lot
through the course of her marriage in support of him. She did not
receive a lot of support from her mother as a child, and suffers
from a deep mother wound. She states to want to look in self-
confidence and speaking out for her needs and is seeking to
be able to "speak her truth" and build self-confidence. She
also suffers from a fear of death, and consistently mentions
how she is "next in line."

CARE PLAN

1. Centering - 5-10 minutes
2. Breathwork - 10 min (grounding and calming pranayama)
3. Discussion - discuss concepts as pertaining to yoga philosophy and obstacles she needs to overcome.
Asana - 20 min (to improve strength and self confidence)

CLIENTS READINESS TO CHANGE (circle one and explain)

Pre-contemplative

Contemplative

Preparation

Action

Maintenance

Very interested in what yoga therapy has to offer; receptive to ideas and techniques to change and healing.

REFLECTIONS

MM is very open-minded to the concepts and principles of yoga therapy and seems eager to begin our sessions. She is a BIG talker and it is clear I will have to maintain time boundaries as she will have a tendency to repeat herself with similar stories about her family, upbringing and grand children. She is a warm, kind and open-hearted person.