



Yoga Therapy Group Care Plan YT and Elemental Balance

PERSONAL DATA

(Include First and Last Name, Phone number)

Student 1: Rosanne G

Student 2: Barbara W

Student 3: Stacy C

Student 4: _____

Student 5: _____

Student 6: _____

GOALS

1. To cultivate balance and emotional steadiness through embodied practices that align with the five elements—ether, air, fire, water, and earth.
2. To develop simple, restorative tools for managing stress, processing emotion, and reconnecting to a sense of peace, clarity, and self-trust.

REASON FOR TREATMENT (common need for all)

This group presents with feelings of imbalance, emotional fatigue, and difficulty finding calm or direction in daily life. Each participant seeks to reconnect with themselves—whether through processing grief and loss, managing stress, or learning tools for emotional steadiness and self-understanding.

OBJECTIVES | PLANNED INTERVENTIONS

1. To restore physical, emotional, and energetic balance through yoga therapy practices inspired by the five elements—earth, water, fire, air, and ether.
2. To develop self-awareness and emotional regulation skills that reduce stress and support healing from grief, guilt, and inner restlessness.
3. To cultivate self-compassion, grounding, and a renewed sense of peace and connection within daily life.

TREATMENT PLAN

Week 1 – Earth Element: Grounding and Safety

Focus: Establishing stability and connection to the body.

- Introduce the concept of *elemental balance* (create a handout for this) and the connection between body, mind, and environment.
- Explore grounding postures, restorative shapes, and steady breathwork to foster a sense of safety and presence.
- *Inquiry: “Where in my life do I feel unsteady?” and “What am I holding onto that keeps me from feeling rooted?”*
- *Felt experience:* heaviness, support, and steadiness through slow, mindful movement.
- *Home practice:* daily 5-minute grounding breath or nature walk to connect with the earth beneath the feet.

Week 2 – Water Element: Flow and Emotional Release

Focus: Softening resistance and inviting emotional fluidity.

- Introduce gentle, wave-like movement and breath to release tension and allow emotions to move through the body.
- Encourage awareness of how emotions flow or stagnate; emphasize non-judgmental observation.
- *Inquiry:* “Where am I resisting the flow?” or “What emotions need space to move through me?”
- *Felt experience:* fluidity, adaptability, coolness, and softness in motion and energy.
- *Home practice:* soothing breath (e.g., nadi shodhana or extended exhale) and journaling around emotional flow.

Week 3 – Fire Element: Transformation and Empowerment

Focus: Reigniting energy, clarity, and self-trust.

- Use gentle core activation, dynamic movement, and energizing breath (kapalabhati or power of intention) to build warmth and inner strength.
- Explore healthy boundaries and the balance between doing and being.
- *Inquiry:* “What needs to be transformed or released through this fire?” and “Where can I reclaim my power?”
- *Felt experience:* heat, vitality, expansion, and courage.
- *Home practice:* gratitude journaling or an empowering affirmation ritual to nurture confidence and motivation.

Week 4 – Air & Ether Elements: Expansion and Integration

Focus: Creating space for clarity, connection, and peace.

- Incorporate light, spacious movement, guided meditation, and pranayama to cultivate openness and ease.
- Encourage integration of all elements—earth, water, fire, air, and ether—through reflection on the past weeks.

- *Inquiry:* “What feels lighter within me now?” and “Where do I notice more space or freedom?”
- *Felt experience:* lightness, openness, stillness, and connection to something larger than self.
- *Home practice:* meditation in silence or journaling on lessons learned; encourage participants to create a personal ritual honoring their journey toward balance.

REFLECTIONS

Student 1: Rosanne: Rosanne showed a growing ability to pause and be present, finding moments of quiet within her day that helped soften the edges of her grief. Through gentle movement and breath, she began to reconnect with a sense of peace and acceptance as she continued processing the loss of her father and uncle.

Student 2: Barbara approached the series with curiosity and openness, integrating yogic and Ayurvedic tools into her daily life. She developed greater awareness of how small, consistent practices can reduce stress and support her overall sense of balance and well-being.

Student 3: Stacy engaged deeply with the reflective and somatic practices, using them as pathways to release guilt and reconnect with self-compassion. As she allowed herself to feel and forgive, she began to cultivate more emotional ease and moments of genuine calm within her healing process.