

Marilyn Russell | April 28, 2024 | Mentor: Sue Evans | Individual Sessions
| Client: MB | Proposed # of Sessions: 5
Planned time per session: 75 minutes

Client - Presenting Problem – 56-year-old man recently laid off from high-stress finance job. Recurring bouts of Long-COVID for nearly two years.

Client Goals – The client's primary goal is to re-establish a daily yoga practice to rebuild physical stamina and muscle tone.

CHECK-IN – for current energy level, any recent injuries or flare-ups.

CENTERING – a guided meditation with breath awareness to tune within to his physical and energetic experience.

HATHA – In yoga we know that muscles need to be dynamic in order to be strengthened. With this in mind, a thorough Asana sequence to re-activate muscles through intentional movement coordinated with the breath to rebuild muscle tone, strength and stamina. Practicing functional movement through Asanas will also re-energize and support him in shifting out of his Tamasic state.

This series to include warm-ups, sun salutations, standing, seated and supine Asanas mindfully moving body in all directions while cultivating physical and energetic awareness. We'll complete the sequence with a brief Yoga Nidra for deep relaxation.

PRANAYAMA – Begin with 3-Part Breathing – a foundational practice to connect with breath and body. Continue with Brahmari breath for stress relief.

MEDITATION – A brief meditation with a technique of his own choosing with simple intention of 'sitting down and connecting with himself...' Thich Nhat Hanh

KARMA YOGA – discuss concept of work as a means to realize Moksha through right work and being of service to others. This will inform his consideration as he explores what to do next in his career. Work can be meaningful and beneficial to others rather than just a job or means to keep the lights on.

RAJA YOGA – Svadhyaya – consider who he is without his job and all the cultural trappings that go with it. Doing so will help him explore his True Nature, thus shifting away from his external persona and all the accompanying stories, internal narratives and perceived expectations.