

Level II Individual Session Plan

Name _____

Date _____

Before the Session:

Based on the Assessment, what aspects of imbalance does your student/client present?
(Include manifestations of anxiety, depression, PTSD, OCD. Examples might be insomnia, over-eating, breathing obstructions, lack of energy, hyper-vigilance, etc.)

Based on the Assessment, what is your intention for supporting your student back into a satvic (balanced) state?

Based on the Assessment, what yogic strategies might you suggest as take-home practices?

During the Session:

What did you do to create a Safe Container?

Did your plan change during the talking, check-in period based on new information? If so, how?

What was your centering strategy?

What method did you use to help the individual access her/his sankalpa (intention) and supporting bhavana (visualization)?

How did you integrate sankalpa and bhavana throughout the session?

Warm-ups

Asana

Specific Pranayama & Kriya within Warm-ups & Asana

How did you lead Savasana – Yoga Nidra?

More Pranayama & Kriya?

Did you lead a meditation?

After the Session:

Based on your student/client's response to the session, and what you both learned, did you change your home practice instructions?

What did you suggest for home practice that might be new to your client? (No more than 3)

What is the follow-up plan?