***CASE STUDY GUIDELINES***

***Email your case study in a word document (pages, .doc, .docx, etc) to therapy@yogakerala.net.*** *The case study can be done by choosing someone that you know as your patient.* ***It can not be yourself nor one of the students undergoing a course at Abhijna School of Yoga. It should be someone to whom you can write and can reply to your the health assessment as well as dosha test.***

*Advances on the case study will be asked every 4-5 days, and final case study is due minimum 4 days prior to the course’s finishing date. Once you choose your topic, and it is reviewed by the teacher, this can not be changed.*

*The program should take a minimum commitment from the patient of 1-2 months. Specify how the program will change or evolve within this time frame; for example asanas or pranayamas for the first two weeks, for week 3, 4 evaluation of the progress, week 5, 6, 7 & 8.*

*In the case where more than one ailment is present, make sure that you keep in mind all the elements and* ***focus on the chief complaint****. Provide a sequence that does not worsen any other conditions. If you are uncertain, ask your teacher.*

***Case studies turned in late will not be accepted****, even if you are doing another training afterwards at our school.* ***Make sure you start searching and writing on an electronic document right away. Email nor handwriting format is not an option.*** *Copies of pre-existing sequences, case studies etc, will be considered as fraud. In either case, the school will reserve the right to certify the student. Presenting the Case Study and teaching the final sequence among the other guidelines given per the code of conduct are mandatory to obtain a 200H Yoga Teacher Certification at our School.*

***The following information should be provided in the document:***

* ***YOUR NAME (YOGA THERAPIST) & Date***
* ***TITLE OF YOUR CASE STUDY***

1. ***GENERAL INFORMATION OF THE PATIENT***
   1. *Name, Age and Gender*
   2. *Occupation / Daily Routine*
   3. *Family Background (Clinical History)*
   4. *Any additional information that is relevant to the case study. this information is gathered by sending the Health Assessment Test to the patient and choosing only the relevant information.*
   5. *PRAKRUTTI VS. VIKRUTI \*This is gathered by sending the patient the dosha tests.*
2. ***GENERAL INFORMATION ABOUT THE AILMENT OR DISEASE***
   1. *Research and then write with your own words, the description of the disease and its causes from the* ***view point of allopathic (western) medicine.***
   2. *Research and then write with your own words, the description of the disease and its causes from an* ***ayurvedic perspective.***
3. ***PROPOSED THERAPY PROGRAM***
   1. ***Objective of the Therapy***
   2. ***Contraindications for the patient***
   3. ***Asana Routine and Drawing***
      1. ***Create a sequence according to the patient’s limitations and dosha****. (Table format). Write Sanskrit and English names, props, time per posture. Keep in mind that the time for the routine minimum 35-45 minutes, Include 10 minutes of Savasana. Be specific about how to perform the postures in case of any modifications due to the patient’s limitations.*

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| --- | --- | --- | --- | --- | --- |
| **ASANA** | **POSTURE** | **TIME (BREATHS)** | **PROPS** | **MODIFICATIONS** | **BENEFITS** |
|  |  |  |  |  |  |

* + 1. ***ATTACH A PICTURE OF THE FINAL DRAWING OF YOUR ASANA SEQUENCE.***
  1. ***Pranayama Routine***
     1. *Give Sanskrit and English names. List time of the day and duration. List the type of asana in which to practice pranayamas. (Table Format)*

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| --- | --- | --- | --- | --- | --- |
| **PRANAYAMA** | **POSTURE** | **TIME (BREATHS OR ROUNDS)** | **PROPS (IF ANY)** | **TIME OF THE DAY** | **BENEFITS** |
|  |  |  |  |  |  |

* 1. ***Meditation Techniques***
     + *Each day a different meditation technique will be taught at our school. Choose two that you feel the patient can connect with and write a brief description on how they will be helpful for their ailment.*
  2. ***Yoga Nidra***
     + *You will be asked to propose a visualization that suits your case study and add it as part of a full yoga nidra format.*
  3. ***Proposed Mudras***
  + *Homework will be given on mudras every day, from the mudras book, choose 3 that the patient can perform and suggest a time of the day as well as frequency.*
  1. ***Proposed Bandhas (if applicable)***
  2. ***Cleansing Techniques (if applicable)***
  3. ***Dietary Suggestions***
  4. ***Lifestyle Changes as per ayurvedic rules or dinacharya.***
  5. ***General Advice (any thing that you may feel it is important to let the patient know)***