



YOGA MEDICINE

500-hour Case Study Assignment

Your homework assignment must be completed and turned in with your hours when you have completed the 500hr training to receive your 500hr certification and to be eligible to register at the 300/500hr level with the Yoga Alliance. Submit all your case studies to info@yogamedicine.com once you have completed your training hours.

This homework assignment is a key component to learning the material, especially the therapeutics information. For this reason it is meant to be done throughout the training to help you better process and integrate the information. This process will give you a much deeper understanding of the material. This is meant to be a starting point for a learning & teaching process that will continue for many years to come.

You must complete **1 case study for each Yoga Medicine module (55-60hrs) and immersion (20-30hrs)** that you apply towards the 500hr with the following guidelines:

- For each case study you must teach a minimum of 8, one hour private sessions addressing a specific issue. The chief complaint can be internal (hypertension, depression, headaches...), musculoskeletal (low back, knee or shoulder issues...) or help with a specific pose. If your client has several issues you can address more than one but make sure you distinguish the most important issue as the focus.

Most of all we want to see that you have applied what you learned in some way. How you do that is up to you, that could be applying specific techniques learned in the training or a new understanding of the body. For instance it might mean working with someone with shoulder issues for the shoulder module or applying information from the nervous system & restorative module for a student with insomnia.



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- Start with your intake as outlined in the training & evaluation video:
 1. General: name (do not use their actual name, just pick a name)
 2. Chief complaint details: when did it start & how, when do they notice it, how does it limit them, does anything make it worse or better, what is their perception of how it feels, where do they feel it, severity, worse at certain times of the day (OPQRST)
 3. Other health concerns
 4. General overall health
 5. Water, diet, exercise habits, any illnesses or injuries, medications & supplements, current treatments, surgeries, stress level, etc

- Write a yoga plan for your client and modify as needed as they progress.

The first session will be an intake and a very simple practice. The second session should be soon after, where you will teach them their yoga plan and ask them to do it on their own. You need to write down the sequence along with any pertinent details and make sure the length is realistic for them to fit into their schedule. The third session you will check in and get feedback, then make sure they are doing it correctly and modify as needed. The fourth, fifth, sixth, & seventh lessons will be the same as the third, modifying and checking in. The eighth session will be similar but also a recap for your write up. You can of course continue to see this student on your own but that is all you need for your case study homework.

- At the end you will type up the information including the intake, yoga plan and a short overview to support the what/why behind your techniques and modifications along the way. Include as much info as you like with a summary of what you learned or would have done differently at the end. You can simply write the sequence of poses and any important notes of specific cues, changes or modifications needed. This does not need to be formal but it does need to be thorough. We hope that as you repeat this process it will become a more clear and effective tool.