



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 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 in conjunction with the information you learn on the retreats to help you better process and incorporate the information. This 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 and immersion** with the following guidelines:

- For each case study you must teach a minimum of 8, one hour private lessons over the course of at least 3 months addressing a specific issue. The chief complaint can be internal (hypertension, depression, headaches...), musculoskeletal (low back, knee or shoulder pain...) or help with a specific pose (such as crow, backbends or headstand...). If your client has several issues you can address more than one but make sure you distinguish the most important issue to your client as the focus.
- The chief complaint can be one from our list of therapeutics that we cover or it can be something else that you spend some time researching to understand the condition better and then apply the a similar method. Most importantly you must explain why & how you have chosen your prescription.



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- You must start with an intake form as outlined in the training:
 1. General: name (don't need 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
- You will write a yoga prescription for your client and modify as needed as they progress and track their progress both in their practice and with their chief complaint. The first lesson will be an intake and a very simple practice to gauge their ability. The second lesson needs to be soon after (within a week or two) you will teach them the prescription and ask them to do it on their own. You need to write down the sequence in detail with length of holds etc and make sure the length is realistic for them to fit into their schedule and tell them how many times a week to do it on their own. The third lesson will happen a week or two later to check in and get feedback, then make sure they are doing it right and to modify as needed. The fourth, fifth, sixth, & seventh lessons will be the same as the third, modifying and checking in at 1-2 wk intervals. The eighth lesson will be similar but also a recap for your write up. Obviously you can continue to see this student on your own but that is all you need for your report. If you can get them to continue on their own check in 1-2 months later to track their progress for your report.
- At the end you will write up all the information including their intake, yoga prescription and an explanation of how/why you chose the poses/sequence, their progress and modifications along the way and the outcome. Include as much info as you need to make it clear what you did & why. You can simply write the sequence of poses and any important notes of specific things changes or modification needed. This does not need to be formal but it does need to be thorough.