



## Therapy Case Study Requirements

You will be required to complete a case study for each level. This should be conducted over 10 sessions and should include both written notes and a photographic record. The first case study can cover a range of conditions while the second case study should ideally cover neurological or organic problems.

The teacher and therapy teacher should have a meeting with the student to discuss their condition, and their expectations from the yoga sessions. The teacher should discuss with their therapy teacher a possible sequence and aims of the sequence. Throughout the case study period the teacher should be conferring with their therapy teacher about the progress of the study and where changes need to be made.

You will need to submit a release form of the student's permission to use photos for the case study. You can find a template photo release form on the Therapy Teacher Status page or via this [link](#).

### Preliminary assessment

- Diagnoses and background information
- Any medical procedures
- Brief description of the condition
- Needs and expectations of the student
- Postural and gait assessment: Front, Side, and Back views in relaxed standing, and walking (if relevant)
- Physical restrictions
- Previous practice of Iyengar yoga and for how long?

### Sequence

- Rationale behind the initial sequence,
- Reasons for evolving sequence for that particular student's condition.
- Use of props (with photographs).
- Student feedback after session
- Progress (or otherwise) of the student over that period
- Photos of the students in the postures.

### Summary and Conclusions

- Overall Impact of Yoga Therapy
- Physical, mental, and emotional improvements
- Any obstacles and how they were addressed