

Peter Student

SHORT-TERM GOALS

Goal 1. Eliminate or modify dysfunctional patterns, bring awareness to asymmetrical body usage

Which tools will you use?

Discussion, improving body position during heavy lifting, encouraging more symmetrical body usage at work, in yoga, and at the gym

Goal 2. Evaluate habitual movement and lifting patterns at work, identify the movements that can potentially cause discomfort

Which tools will you use?

Discussion, demonstration of movement patterns, comparing the L and R sides of the body in simple asymmetrical movements

Goal 3. Be able to exercise at the gym 3x a week without pain in the R side of the lower back and outer R hip.

Which tools will you use?

Strengthen weak parts of the hips and lower back, restore balance to muscular development, encourage R/L balance by using asymmetrical extension poses (Bhujangasana with leg lifts and Ekapada Ustrasana), isometric abductor-strengthening movements (knee press-outs in Ekapada Ustrasana), deep consistent breathing, with an emphasis on exhalation to achieve a calmer, more relaxed state

LONG-TERM GOALS

Goal 1. Use regular home yoga practice to balance out physical challenges related to his occupation

Which tools will you use?

A home yoga practice that includes the elements listed above