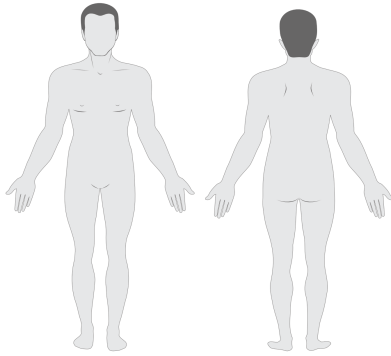
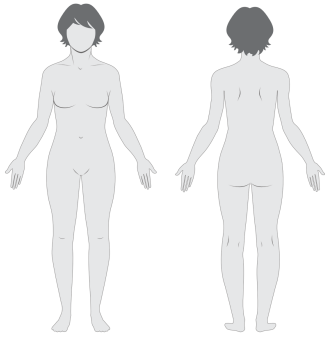


SOAP NOTE 1

Date \_\_\_\_\_ Time \_\_\_\_\_ Location \_\_\_\_\_



Main areas of concern

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**Subjective** *(student's report on how he/she feels today and what led up to it)*

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**Objective** *(information on every activity you guided your client through during the session)*

Goal \_\_\_\_\_

Asana \_\_\_\_\_

Breathing \_\_\_\_\_

Attention \_\_\_\_\_

Other \_\_\_\_\_

**Assessment** *(Your summary of how the session went)*

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**Plan** *(Your suggestions on what kind of follow-up is required)*

Home yoga

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Lifestyle

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Next time

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**Other**

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PRACTICE SEQUENCE 1

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