

# Yoga for the Special Child



*A Therapeutic Approach for  
Infants and Children with:*



- Down Syndrome
- Cerebral Palsy
- Autism Spectrum Disorders
- Learning Disabilities



Sonia Sumar

**Yoga For The Special Child A Therapeutic Approach For  
Infants And Children With Down Syndrome Cerebral  
Palsy Autism Spectrum Disorders And Learning  
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**Shawnee Thornton Hardy**



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Yoga for the Special Child Sonia Sumar,1998 An innovative and easy to follow program for parents educators yoga teachers and health care professionals The book includes A step by step integrated system of yoga poses designed to increase cognitive and motor skills in children with learning and developmental disabilities Specialized breathing exercises and relaxation techniques to improve concentration and reduce hyperactivity And early intervention program to assure the healthy formative development of infants and toddlers      **Yoga for Special Child Braz** Sonia Sumar,1994      **Yoga Therapy for Every Special Child** Nancy Williams,2010-01-01 Special Education      **Asanas for Autism and Special Needs** Shawnee Thornton Hardy,2014-12-21 This how to handbook gives parents teachers and yoga instructors step by step instruction to teach yoga poses to a child with autism or other special needs They will learn how to teach yoga in a fun and interactive way using games and activities with numerous benefits to the child from teaching body parts to emotional and sensory regulation      *Yoga Therapy for Children with Autism and Special Needs* Louise Goldberg,2013-08-26 A how to manual for yoga with kids in classrooms and therapeutic settings If you are a parent of a child with special needs or a professional who works with one you know how challenging it can be for them to sit still to cope with change to focus on self soothing strategies and to interact successfully with others For these kids yoga therapy can provide crucial support Behavior and focus strength flexibility balance and self regulation are all improved through yoga making it an ideal practice for children on the autism spectrum with ADHD sensory processing and emotional behavioral disorders and other exceptionalities For use in school at home or in therapeutic settings *Yoga Therapy for Children with Autism and Special Needs* is a how to manual that meets children where they are providing a yoga therapy lesson plan that will engage them promote play social interaction speech language and motor development and enhance their self esteem It teaches an array of CreativeRelaxation techniques using posture breathing and mindfulness designed specifically for children with autism and special needs Drawing on her 30 years of yoga therapy experience with children and those who work with them the author walks readers through yoga strategies that both calm and energize emphasizing sensory and bodily awareness and the sacred space that is so important for these children Learn the best ways to use your voice and body effectively when working with children how to minimize distractions and ease transitions and how to create personalized yoga breaks to enhance independence and avert meltdowns Featuring 60 illustrated poses 89 photos and 65 lessons songs and games child friendly instructions are provided for posture breathing and mindfulness exercises All poses and routines include suggested adaptations and precautions for use and are organized to address specific sensory skills Current research on the benefits of yoga for health and learning is summarized and readers learn how through yoga practice the brain s response to stress can be effectively mitigated With this book parents therapists and educators alike have the tools to successfully develop a

therapeutic yoga program for the very children who can benefit most from it      Sensory Yoga for Kids Britt Collins,2015-12 This book helps in understanding sensory processing how it affects regulation how yoga helps with sensory regulation as well as learning how to adapt yoga to meet your child s specific needs      **Yoga Games and Activities for Children and Young People with Autism** Michael Chissick,2019-02 Speaking from decades of experience Michael Chissick shares the secrets to teaching yoga to children and young people with Autistic Spectrum Disorder ASD The physical emotional and social benefits of yoga for autistic children can be profound and this book will give you the confidence to get going with an array of fun activities and games from chasing the frog to yoga detective Whether you work in special needs school primary mainstream school or the community or you are the parent of an autistic child this book will equip you with plans structures goals teaching tips and a multitude of real life stories The book is suitable for teaching everyone on the spectrum with an emphasis on teaching those with more complicated needs It is also relevant for use with children who have related needs such as ADHD and sensory processing challenges Beautifully illustrated with images of the postures taught within it is the perfect go to resource for anyone interested in engaging children and young people in yoga I can be a banana can you Suitable for ages 4 11      **Children's Art and Yoga for Autism and Diverse Abilities** Yael Calhoun,2025-08-21 Based on the trauma informed GreenTREE Yoga Approach of building safety supporting empowerment and maintaining simplicity this book provides an easy to use art and yoga program for autistic children and those with differing needs The structured program guides teaching six classes to introduce the benefits of yoga in any setting including schools residential centers camps and homes It also can be adapted to your changing program needs The program includes simple art projects yoga poses and breathwork components guided by charming illustrations of Shanti the Monkey to lend structure predictability consistency and fun The simple yoga can be done standing seated or lying down With session plans scripts and visual prompts for artwork and yoga poses this book gives you everything you need to provide a fun program and share resources with parents and teachers to do at home or in the classroom You can give children tools to build body awareness and emotional regulation skills      **Yoga Therapy for Children and Teens with Complex Needs** Shawnee Thornton Hardy,2023-08-21 This deeply compassionate and inclusive resource explores the practice of yoga therapy mindfulness and somatic enquiry with children and young people who have complex needs Suitable for working with ages 5 18 the book explores a wide range of conditions including sensory processing disorder autism Down syndrome hypermobility scoliosis anxiety depression and trauma Chapters also include comprehensive theory on the nervous system child development from the age of 3 the benefits of expressive arts and regular reflective prompts for the adults It is supplemented with over 100 photographs to ease learning and is an invaluable resource for therapists working with children and teens with complex needs      **Yoga para el niño especial ,      Yoga for Speech-Language Development** Susan E. Longtin,Jessica A. Fitzpatrick,2017-03-21 This is the first book to present yogic practices and resources for enhancing speech language development in young children from birth

through to age 12 With easy to carry out exercises and demonstrative photographs throughout this innovative approach can be used to improve a range of speech language issues *Integrated Yoga* Nicole C. Cuomo,2007 This book presents basic postures and sequences for children and young people which can be adapted for adults Cuomo gives practical advice for how to choose appropriate sequences according to the child's particular needs and mood knowing that yoga will be most beneficial when it is fun Photographs of each posture supplement the descriptions *Yogable* Patty Wildasinn,2021-08-09 Yogable delivers the ancient teachings of yoga making them accessible to all abilities and fitness levels Learn how to set up a yoga class for all types of special populations including those on the Autism Spectrum and how to practice and deliver yoga in a gentle way Delve into fascinating information on the relationship between yoga and the body's aura You're invited to discover your creative flow with the guidelines presented and find your inner teacher **Yoga Vs. Cerebral Palsy, Or Full Circle with a Cup of Water and Mindfulness Therapy** Martha Rowe,2018-02-22 Just with its attention to person's body reactions yoga has unique benefits compared to other systems of physical restoration Even at the gymnastics level yoga has a compelling component of self control and self restraint Today only get this Paperback version book for just 19.99 Regularly priced at 29.99 Yoga for me is a method of consolidating even partial but a victory over disease Many of my friends who practice yoga managed to bring themselves to the acceptable condition you'll lead to do it too I want to share my experience and knowledge with other people help them to feel the taste of victory over their disease For three years already I have been running yoga exercises in a group of people with motor impairments When I hear a question how my pupil with CP benefited from yoga I show the practical result I take a full cup of water hand it to one of the guys who has been practicing yoga for more than two years and this person walks a circle with it As you know it is not an easy task for a person with CP Of course CP cannot just disappear but you should admit that the things I indicated are essential Whom this book was written for For yoga instructors and teachers leading individual and group classes and just for everyone wishing to improve and expand their professional qualification For the specialists and people interested in physician practices and their effect on human health for psychologists medical specialists therapists rehabilitation specialists manual therapists and other specialists working with people with CP directly For the parents of children with CP At the lesson parent plays two roles at the same time an assistant and a pupil The assistant helps the child and the pupil studies Having mastered the basic practices you can practice yoga at home to improve your health condition to help your kid your family and friends For children teenagers and adults with severe musculoskeletal system disorders CP diagnosis The tools of yoga therapy practice allow adapting the exercises and diversify them in such a way that a kid can be changed gradually and stable to new feelings actions and reactions in the process of work The child's interest in the surrounding world and to his/her own inner and outer changes increases significantly dexterity enhances and social adaptation goes smoother and more confidently Here You Will Learn Nervous excitement decreases Interest growth and consequently increase of the quantity of new movements Relaxation and mime versatility

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