

Yoga and Mindfulness for ALL Children

Including: Therapeutic Practices for Children with Autism, ADHD, Sensory Processing, CP/Movement Disorders & Other Special Needs

YogaJoy North, Spokane, WA - November 16-17, 2019

DAY 1: Yoga & Mindfulness for ALL Children

- Learn accessible, inclusive yoga & mindfulness practices to improve self-regulation, attention, coping strategies, body awareness, balance, strength, flexibility, and social emotional skills
- Understand how mindfulness and movement impact development & learning
- Experience breathing, relaxation, sound & visualization activities to calm, center, decrease stress & anxiety
- Learn activities to build confidence, focused attention, self-esteem, & promote health & well-being
- Gain knowledge of current research that supports benefits of yoga for all children

Day 2: Therapeutic Practices for Children with Autism, ADHD, Sensory Processing Differences, CP/Movement Disorders, & Other Special Needs

- Learn strategies & modifications to make yoga accessible for those with limited mobility, sensory challenges, language & intellectual differences, behavioral challenges, and other special needs
- Practice chair yoga programs for classrooms, groups & those with limited balance & mobility
- Explore a Developmental Movement Approach to asana with application to functional skills
- Develop classes & sequences for groups with diverse skills including use of props, visual supports, & music
- Find out how yoga & mindfulness promote self-regulation & social emotional learning for ASD, ADHD, & other neurological conditions/special needs
- Practice specific pranayama (breathing) & sound activities to support unique needs

FALL Continuing Education for yoga teachers, OT, PT, SLP, counselors, educators, related service/ health care providers, and parents



Presenters:

- ❖ **Brenda Bakke, MEd, PT, C-IAYT:** Brenda is an experienced pediatric physical therapist who has successfully integrated yoga methods into her PT practice since 1999. She is a Certified Yoga Therapist & Children's Yoga Teacher who has trained with Sonia Sumar, creator of *Yoga for the Special Child*. Brenda enjoys teaching Accessible Yoga & Movement workshops around the country & especially helping to bring yoga into educational and healthcare settings.
- ❖ **Mary Gengler Fuhr, OTR/L, RYT, C/NDT:** Mary is the founder of Maple Valley Pediatric Therapy. She has over 30 years of experience as a pediatric OT with expertise in sensory integration/processing, NDT, pediatric massage, and yoga for children. Mary facilitates Accessible Yoga trainings and teaches Pediatric Massage.

Dates: Nov. 16-17, 2019 (9-4 pm, 12 CEUs)

Location: YogaJoy North 12501 North Division St, Suite 5, Spokane, WA 99218

Phone: (509)290-5086

Tuition: Day 1 - \$225.00 Both Days - \$325.00 (Day 1 is a prerequisite to attend Day 2)

EARLY BIRD Price by October 15: Day 1: \$195 Both Days: \$295 Limited Scholarships for parents available!

To register go to: www.yogajoynorth.com

