



Yoga for ADHD, Autism & Differently-abled Children

With Shakta Khalsa, ERYT-500, RCY Founder, AMS Montessori and Sarah Gigante, PT, DPT, RYT-200, RCY Trainer

Learn how to reach the hearts and minds of these amazing children using your creativity, intuition, and excellent therapeutic tools. In the process, you'll learn what these very special children have to teach us. As a parent, teacher, or therapist, learn how to integrate yoga into the daily lives of children through:

- **Breath:** to enhance self-regulation, modulation and emotional balance.
- **Movement:** to improve motor planning, balance, coordination, strength and flexibility.
- **Mindfulness/Relaxation:** to decrease stress and promote a calm, relaxed body and centered mind.

Training includes a 74-page manual. A few of the many topics covered:

- *Organizing the Therapeutic Class*
- *Yoga for the Developmental Steps and Primitive Reflexes*
- *Yoga Series for Calm in the Classroom*
 - *Brain Body Tune-up*

November 2-4, 2018

Friday: 6:30 pm - 9:00 pm
Saturday: 8:30 am - 5:30 pm
Sunday: 8:30 am - 4:00 pm

\$525 through Oct. 16, 2018

After 10/16/2018 **\$595**
[No refunds after 10/16/2018. Credit given for future classes. \$50 admin fee for all refunds]

Location: Razz Yoga, 13812 Jarrettsville Pike Phoenix, Maryland 21131
Info/Register: info@childrensyoga.com or visit www.childrensyoga.com