



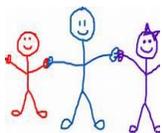
Yoga-tism

yoga for children with special needs

was designed to meet the challenges of those with autism spectrum disorder (ASD), including individuals with Sensory Integration Disorder, Down Syndrome, Cerebral Palsy and other significant developmental and global delays.

Yoga the best fit for your child?

Treatments for ASD and developmental/global delays come in all shapes and sizes, and as families well know, what works for one child doesn't necessarily work for another. Choosing a therapy must be based on the child's specific needs and the family's emotional and fiscal comfort. An increasingly popular choice—is yoga. It doesn't require expensive medications or time-consuming doctor's visits. Each child begins with an assessment and then yoga individual instruction. He or she is guided through repetitive movements, physical postures, guided relaxation and added slowly, breathing exercises. The yoga that is used is gentle and safe. No special equipment is needed beyond cushions and a mat.



YOGA-TISM

613 608 8911
wendy@yogaingreenboro.com

How Does Yoga Help

- Reduction of aggression
- Reduction of obsessive and self-stimulatory behaviors
- More control in regulating anxiety and emotions
- Develop fine and gross motor skills
- Increase concentration and reduce hyperactivity
- The joy of sharing class with others and making new friends

Consulting

Assessment

Yoga as Therapy

Support

Wendy Webster is a Child and Youth Counselor, providing therapeutic counseling for children and families at risk in social service and community agencies, local school boards and private schools throughout Eastern Ontario for 26 years. Wendy developed and taught an intensive yoga therapy program in partnership with private school(s) for children diagnosed with Autism Spectrum Disorder. Wendy also has been a Yoga Instructor for 20 years and has certification in Children's Yoga and Anatomy and Physiology of the human body. She is the founder and program coordinator for Om4Youth, a not for profit yoga and expressive arts organization that teaches programs to at risk, marginalized, and diverse populations of children and youth and their families. Wendy brings her love of yoga, her compassion and commitment to teaching children and their families to every class.

