

[Yoga for the Special Child 95Hour Part 2](#)

**COURSE INFORMATION FOR OCCUPATIONAL THERAPISTS**

 <p>American Occupational Therapy Association <b>Approved Provider</b></p>	<p>Yoga for the Special Child, LLC is an AOTA Approved Provider of professional development. Provider #10382. This Distance Learning-Interactive Course is offered at 5.0 CEUs, Intermediate, OT Service Delivery. AOTA does not endorse specific course content, products, or clinical procedures.</p>
<p><b>Type of Activity:</b> Distance Learning-Interactive <b>Instructional methods:</b> Lecture, demonstration, practice, supervised hands-on activities <b>Full Price:</b> \$980.00</p>	<p><b>Schedule: Live Streaming Online</b> 10 Days 08:00-10:30am 02:00-04:30pm Contact hours: 50 Homework non-contact hours: 10 Total program hours: 60</p>
<p><b>Content Level:</b> Intermediate <b>Program Categories:</b> Occupational Therapy Service Delivery: Intervention Occupations and activities Preparatory methods and tasks Promote health and participation Foundational Knowledge: Human Body, Development and Behavior-neurosciences, human development</p>	<p><b>Audience:</b> Occupational therapists, occupational therapy assistants, physical therapists, physical therapy assistants, developmental therapists, speech therapists, nurses, health care practitioners, yoga therapists, yoga instructors, special education teachers, parents of children with special needs. <b>Prerequisite:</b> Yoga for the Special Child 95Hour Part 1.</p>
<p><b>Prerequisite:</b> Yoga for the Special Child 95Hour Part 1. After completing the 95Hour Part 1 participants are required to have taught at least 2 hours of Yoga for the Special Child (i.e. 4 half-hour classes) after completing the 95Hour Part 1. Participants will bring at least one video of one of these half hour sessions/classes to the course for instructor review and feedback. A video of any student of any age is acceptable but a session with an older child is encouraged. <b>Required books:</b> <i>The Yoga Sutras of Patanjali: Translation and Commentary</i> by Sri Swami Satchidananda, and <i>The Living Gita, a Commentary for Modern Readers</i> by Sri Swami Satchidananda.</p> <p><b>Course Description:</b> Developing Programs for Teens and Young Adults. This course expands on the techniques learned in 95Hour Part 1 (prerequisite) with special emphasis on working with teens and young adults from 13-18 years old. The program includes Hatha yoga classes with breathing practices and meditation practice. Participants will learn how to use preparatory techniques, and then to modify and add variations of asanas for students with diverse needs. The Occupational Therapy service delivery will focus on intervention with activities, methods, tasks, education, and training in adaptation of yoga asanas for diverse needs, and to facilitate engagement in health and participation.</p> <p style="text-align: center;"><b>Agenda</b></p> <p><b>Day 1</b> 08:00am - Hatha Yoga class, meditation. Participants practice and experience motor skills required in asana routine, calming and self-regulatory aspects of class, attention, and imitative skills for chanting, and this gives opportunity for participants to integrate skills for discussions throughout course of how they can incorporate these practices into their work with their populations in a variety of settings. Discussion of how to use these skills to present a balanced routine promoting improved coordination, balance, strength, and flexibility and how this impacts health management and</p>	

maintenance, rest, performance skills, and mental functioning. Specific connections will be made to activities of daily living that require the skills of coordination, balance, strength, and flexibility for a variety of populations and settings.

09:30am - Orientation and introduction.

10:15am - Program guidelines.

10:30am - End of morning session.

02:00pm – Deepening of Surya Namaskar – Chanting the Mantras. Participants experience the calming and self-regulatory aspects as well as the attention and imitative skills for chanting, including motor coordination, memory, and concentration. Practice and discussion of how Mantra improves attention, imitation skills, and how breath control also affects the vagus nerve, impacting state of arousal and regulatory skills.

03:00pm - Yoga Sutras of Patanjali - study and comments.

04:00pm - Yoganidra. The benefits of deep relaxation – practicum. Calming strategy and impact on self-regulation, attention, and impact on coping skills. Reflective opportunity for participants to think about how this aspect could be incorporated into their practice as OT or other health care professional impacting mental functioning, performance skills, and health management.

04:30pm - End of the day.

30 minutes – Homework: Sun Salutation mantras, Yoga Sutras.

## **Day 2**

08:00am - Hatha Yoga class, meditation. Participants practice and experience motor skills required in asana routine, calming and self-regulatory aspects of class, attention, and imitative skills for chanting, and this gives opportunity for participants to integrate skills for discussions throughout course of how they can incorporate these practices into their work with their populations in a variety of settings. Discussion of how to use these skills to present a balanced routine promoting improved coordination, balance, strength, and flexibility and how this impacts health management and maintenance, rest, performance skills, and mental functioning. Specific connections will be made to activities of daily living that require the skills of coordination, balance, strength, and flexibility for a variety of populations and settings.

09:30am - Video presentation by participants - Adapting Yoga for the Special Child class to the population with Cerebral Palsy, birth to 6 years old. Guidance and comments by instructor with techniques and suggestions to improve the child's participation in the Yoga class.

10:30am - End of morning session.

02:00pm - Video presentation by participants - children or/and adults with Autism. Guidance and comments by instructor with techniques and suggestions to improve the child's participation in the Yoga class.

03:30pm - Yoga Sutras of Patanjali – study and comments.

04:00pm - Yoganidra. The benefits of deep relaxation - Practicum Calming strategy and impact on self-regulation, attention, and impact on coping skills. Reflective opportunity for participants to think about how this aspect could be incorporated into their practice as OT or other health care professional impacting mental functioning, performance skills, and health management.

04:30pm - End of the day.

30 minutes - Homework: Sun Salutation mantras, Yoga Sutras.

## **Day 3**

08:00am - Hatha Yoga class, meditation. Participants practice and experience motor skills required in asana routine, calming and self-regulatory aspects of class, attention, and imitative skills for chanting, and this gives opportunity for participants to integrate skills for discussions throughout course of how they can incorporate these practices into their work with their populations in a variety of settings. Discussion of how to use these skills to present a balanced routine promoting improved coordination, balance, strength, and flexibility and how this impacts health management and maintenance, rest, performance skills, and mental functioning. Specific connections will be made to

activities of daily living that require the skills of coordination, balance, strength, and flexibility for a variety of populations and settings.

09:30am - Understanding how relaxation and alignment can improve the child's flexibility and enhance the child's quality of life. Anatomy of asanas for children. Motor skills and self-regulation skills practiced and discussion regarding how to use these skills with variety of populations so that it is a balanced routine promoting improved coordination, balance, strength, and flexibility, how this impacts health management and maintenance, rest, performance skills, and mental functioning.

10:30am - End of the morning session.

02:00pm - Video presentation by participants - children 13 up with DS, CP and/or Autism. Guidance and comments by instructor with techniques and suggestions to improve the child's participation in the Yoga class.

04:00pm - Yoganidra, specific techniques well suited to teens. The benefits of deep relaxation – practicum. Calming strategy and impact on self-regulation, attention, and impact on coping skills. Reflective opportunity for participants to think about how this aspect could be incorporated into their practice as OT or other health care professional impacting mental functioning, performance skills, and health management.

04:30pm - End of the day.

30 minutes - Homework: Reflex zones.

#### **Day 4**

08:00am - Hatha Yoga class, meditation. Participants practice and experience motor skills required in asana routine, calming and self-regulatory aspects of class, attention, and imitative skills for chanting, and this gives opportunity for participants to integrate skills for discussions throughout course of how they can incorporate these practices into their work with their populations in a variety of settings. Discussion of how to use these skills to present a balanced routine promoting improved coordination, balance, strength, and flexibility and how this impacts health management and maintenance, rest, performance skills, and mental functioning. Specific connections will be made to activities of daily living that require the skills of coordination, balance, strength, and flexibility for a variety of populations and settings.

09:30am - Meditation and concentration, teaching meditation to teens. Calming the mind and body and impacts on health maintenance, attention, and self-regulation impacting life skills.

10:30am - End of the morning session.

02:00pm - Video presentation by participants. Guidance and comments by instructor with techniques and suggestions to improve the child's participation in the Yoga class.

04:00pm - Yoganidra. The benefits of deep relaxation - practicum. Calming strategy and impact on self-regulation, attention, and impact on coping skills. Reflective opportunity for participants to think about how this aspect could be incorporated into their practice as OT or other health care professional impacting mental functioning, performance skills, and health management.

04:30pm - End of the day.

30 minutes - Homework: Select a Yoga Sutra, prepare for presentation and discussion.

#### **Day 5**

08:00am - Meditation. Calming the mind and body and impacts on health maintenance, attention, and self-regulation impacting life skills.

08:30am - Hatha Yoga class. Participants practice and experience motor skills required in asana routine, calming and self-regulatory aspects of class, attention, and imitative skills for chanting, and this gives opportunity for participants to integrate skills for discussions throughout course of how they can incorporate these practices into their work with their populations in a variety of settings.

10:30am - End of the morning session.

02:00pm - Video presentation by participants - Autism - age 16 and up and DS ages 6 - 10. Guidance and comments by instructor with techniques and suggestions to improve the child's participation in the Yoga class.

04:00pm - Yoganidra. The benefits of deep relaxation – practicum. Calming strategy and impact on self-regulation, attention, and impact on coping skills. Reflective opportunity for participants to think about how this aspect could be incorporated into their practice as OT or other health care professional impacting mental functioning, performance skills, and health management.

04:30pm - End of the day.

Saturday and Sunday: Working on homework, study and practice of material given in first week.

30 minutes - Homework: Read from The Living Gita.

2 hour - Hatha Yoga Class, either live Zoom class with teacher or recorded class made available only during program weeks.

### **Day 6**

08:00am - Video presentation by participants - children ages 6 - 12. Guidance and comments by instructor with techniques and suggestions to improve the child's participation in the Yoga class.

10:30am - End of the morning session.

02:00pm - Video presentation by participants - children ages 13 – 18, teaching Hatha Yoga to teens with different challenges. Guidance and comments by instructor with techniques and suggestions to improve the child's participation in the Yoga class.

04:30pm - End of the day.

30 minutes - Homework: Read from The Living Gita.

### **Day 7**

08:00am - Meditation. Calming the mind and body and impacts on health maintenance, attention, and self-regulation impacting life skills.

08:30am - Hatha Yoga class. Participants practice and experience motor skills required in asana routine, calming and self-regulatory aspects of class, attention, and imitative skills for chanting, and this gives opportunity for participants to integrate skills for discussions throughout course of how they can incorporate these practices into their work with their populations in a variety of settings. Discussion of how to use these skills to present a balanced routine promoting improved coordination, balance, strength, and flexibility and how this impacts health management and maintenance, rest, performance skills, and mental functioning. Specific connections will be made to activities of daily living that require the skills of coordination, balance, strength, and flexibility for a variety of populations and settings.

10:30am - End of the morning session.

02:00pm - Discussion of daily yoga practice by participants, comments, techniques, and suggestions by instructor. Discussion of how to use these skills to present a balanced routine promoting improved coordination, balance, strength, and flexibility and how this impacts health management and maintenance, rest, performance skills, and mental functioning. Specific connections will be made to activities of daily living that require the skills of coordination, balance, strength, and flexibility for a variety of populations and settings.

03:00pm - Reflex zones, working the child's entire body from the feet.

04:00pm - Yoganidra. The benefits of deep relaxation - practicum. Calming strategy and impact on self-regulation, attention, and impact on coping skills. Reflective opportunity for participants to think about how this aspect could be incorporated into their practice as OT or other health care professional impacting mental functioning, performance skills, and health management.

04:30pm - End of the day.

30 minutes - Homework: Reflex zones.

### **Day 8**

08:00am - Meditation. Calming the mind and body and impacts on health maintenance, attention, and self-regulation impacting life skills.

08:30am - Hatha Yoga class. Participants practice and experience motor skills required in asana routine, calming and self-regulatory aspects of class, attention, and imitative skills for chanting, and this

gives opportunity for participants to integrate skills for discussions throughout course of how they can incorporate these practices into their work with their populations in a variety of settings. Discussion of how to use these skills to present a balanced routine promoting improved coordination, balance, strength, and flexibility and how this impacts health management and maintenance, rest, performance skills, and mental functioning. Specific connections will be made to activities of daily living that require the skills of coordination, balance, strength, and flexibility for a variety of populations and settings.

10:30am - End of the morning session.

02:00pm - Video presentation of Sonia teaching Sun Salutation to students with various conditions. Comments and guidance by instructor regarding physical, emotional, and energetic benefit, discussion of motor skills, benefits to adolescent bodies, emotional regulation, and improved energy due to cardiovascular health and impact on daily life skills including rest and digest.

02:45pm - Video presentation by participants - group class ages 11 - 13. Guidance and comments by instructor with techniques and suggestions to improve the child's participation in the Yoga class.

03:45pm - The Living Gita - study and comments.

04:30pm - End of the day.

1 hour - Homework: Prepare graduation ceremony video.

### **Day 9**

08:00am - Meditation. Calming the mind and body and impacts on health maintenance, attention, and self-regulation impacting life skills.

08:30am - Hatha Yoga class. Participants practice and experience motor skills required in asana routine, calming and self-regulatory aspects of class, attention, and imitative skills for chanting, and this gives opportunity for participants to integrate skills for discussions throughout course of how they can incorporate these practices into their work with their populations in a variety of settings. Discussion of how to use these skills to present a balanced routine promoting improved coordination, balance, strength, and flexibility and how this impacts health management and maintenance, rest, performance skills, and mental functioning. Specific connections will be made to activities of daily living that require the skills of coordination, balance, strength, and flexibility for a variety of populations and settings.

10:30am - End of the morning session.

02:00pm - Yoga Sutras of Patanjali - study and comments by participants.

03:30pm - Video presentation by participants - Baby classes - 0 to 12 months old. Guidance and comments by instructor with techniques and suggestions to improve the child's participation in the Yoga class.

04:00pm - Yoganidra. Deep relaxation - practicum. Calming strategy and impact on self-regulation, attention, and impact on coping skills. Reflective opportunity for participants to think about how this aspect could be incorporated into their practice as OT or other health care professional impacting mental functioning, performance skills, and health management.

04:30pm - End of the day.

### **Day 10**

08:00am - Hatha Yoga class. Participants practice and experience motor skills required in asana routine, calming and self-regulatory aspects of class, attention, and imitative skills for chanting, and this gives opportunity for participants to integrate skills for discussions throughout course of how they can incorporate these practices into their work with their populations in a variety of settings. Discussion of how to use these skills to present a balanced routine promoting improved coordination, balance, strength, and flexibility and how this impacts health management and maintenance, rest, performance skills, and mental functioning. Specific connections will be made to activities of daily living that require the skills of coordination, balance, strength, and flexibility for a variety of populations and settings.

09:30am - Closing remarks: Teaching Yoga for the Special Child-Sonia Sumar Method.

10:30am - End of the morning session.

02:00pm - The Ethics of Business, Satsang and Graduation.

04:30pm - End of the Program.

**Learning Outcomes:**

By the end of the course, participants will be able to:

-Identify the appropriate techniques for use in each of the four stages of development as outlined by the Yoga for the Special Child Method.

-Discuss the video class demonstrations and case examples given by the course instructor and participants supervised/guided by the instructor, using the Sonia Sumar Method.

-Demonstrate that they are proficient in the intermediate techniques that are associated with the domains of OT that include aspects of Motor Skills, Specific Mental Functions, and Occupational Performance skills through the discussions following the video class demonstrations. Participants will be able to make explicit connections between activities, methods, and training from this course and occupational performance for activities of daily living for a variety of populations and across a variety of settings.

**Assessment Criteria and Methods:**

Participants will demonstrate that they are proficient in the preparatory techniques that are associated with the domains of OT that include aspects of Motor Skills, Specific Mental Functions, and Occupational Performance skills. This will be assessed through pass/fail designation given to participants in the discussion and individual program design which follows each demonstration with case examples guided by the instructor.

**Policies:**

**Provider cancellation:** All payments made are non-refundable, unless the program is canceled by Yoga for the Special Child®, LLC, in which case you will receive a full refund. However, Yoga for the Special Child®, LLC, shall not be responsible for refunding airline tickets or hotels under any circumstances.

**Participant cancellation:** If participant cancels 10 or more days before the program start date by notifying YSC, the sum of \$80 shall be deducted by YSC as an expense of administration. Any balance paid in excess of \$80 shall be held for registrant without interest and may be applied by registrant to another program within one year of cancellation. If not applied within one year, all monies paid shall be forfeited. If registrant cancels less than 10 days before the program start date, the sum of \$300 shall be deducted by YSC as an expense of administration. Any balance paid in excess of \$300 shall be held by YSC without interest and may be applied by registrant to another program within one year of cancellation. If not applied within one year, all monies paid shall be forfeited. Barring a medical emergency, no refund will be issued to participants after the Program begins.

**Special needs requests:** If you have special needs or have questions about the activities included in this hands-on course, please contact us as soon as possible at Yoga for the Special Child, LLC, e-mail [info@specialyoga.com](mailto:info@specialyoga.com). We will make every effort to accommodate your needs in a safe manner. Yoga for the Special Child conducts its programs, services, and activities consistent with applicable federal, state, and local laws, regulations and orders and in conformance with the procedures and limitations as set forth by Federal Laws governing Equal Opportunity, Equal Access and Affirmative Action policy.

**Locations, dates and contact info:** <https://www.specialyoga.com>