

[Yoga for the Special Child CPD Teaching Asanas, Adjustments and Sequences](#)

**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. Course approval ID #2993. This Distance Learning-Interactive Course is offered at 1.8 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> \$470.00</p>	<p><b>Schedule: Live Streaming Online</b> 08:00-11:00 EDT 13:00-16:00 EDT Contact hours: 18 Total program hours: 18</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.</p>
<p><b>Course description:</b> Renata Sumar Gaertner trains you to adjust your students effectively into and out of any yoga pose. You will learn to guide your students deeper into their poses, helping them understand how to practice yoga poses safely and to progress in their practice. The program includes Hatha yoga classes with breathing practices and meditation practice. There will be discussion about different body types and conditions to be aware of when teaching. Students will learn how to modify and add variations of asanas for different students in a multi-level class. The importance of the hips and spine in performing yoga poses will be discussed. Students will study and understand the differences between shortening muscles and body limitations and how to work with both. We will discuss ethics when teaching a yoga class and when and how to touch and adjust students. Participants will also learn how to correctly give verbal adjustment instructions to students for forward bending, backward bending, lateral and spinal twists, and inversions. The Occupational Therapy service delivery will focus on intervention with activities, methods, tasks, education, and training in adaptation of yoga asanas for diverse needs the students will learn to facilitate engagement in health and participation.</p> <p><b>CPD Teaching Asanas, Sequences and Adjustments</b> <b>Day 1: 08:00-11:00</b> 08:00 am - Introduction. 08:30 am - A conversation about different bodies and conditions. Specific ways to evaluate and adapt poses to suit the body types, motor skills, process skills, and occupational performance skills of individuals with differing abilities. Participants will learn how to adapt poses as necessary through discussion and hands on demonstration of sequences of postures. 09:30 am - The importance of hips and spine in performing a yoga pose. How to apply the principles of anatomy in a way your students can follow. Motor skills and self-regulation skills are practiced focusing on the anatomy of the hips and spine and how motor groups work together for strength and flexibility in specific yoga poses. Discussion of how to use these skills with a variety of populations so that it is a balanced routine promoting improved coordination, balance, strength,</p>	

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. Additional highlights on how these skills effect overall health will be discussed.

10:30 am - Questions and answers.

11:00 am - End of the morning session

**Day 1: 1:00-4:00**

01:00pm - Ethics when teaching a Yoga Class. Discussion of professional ethics and when and how to touch and adjust students.

01:45pm - How to add variations to Sun Salutation (a classic sequence of yoga poses) to fulfill the needs of a multi-level class. Specific ways to evaluate and adapt postures of the Sun Salutation to suit the motor skills, process skills, and occupational performance skills of the individual's body with and without specialized needs. Participants will learn how to adapt poses as necessary through observation of the instructor going deeply into each muscle group that is working during each pose of sun salutation as well as using the breath to assist with movement. The instructor will draw attention to the muscle groups working, breath, and maintaining attention on the movements of each pose in the Sun Salutation. Participants will have the opportunity to participate and demonstrate mastery of this focus of the poses under the guidance of the instructor.

03:00pm - Understanding the difference between a shortened muscle and a body limitation (and how to work with both).

04:00pm - End of the Day.

**Day 2: 08:00-11:00**

08:00 am - Hatha yoga class with breathing techniques and meditation. Participants practice and experience motor skills required in asana routine, calming and self-regulatory aspects of class, attention, and imitative skills for chanting, giving the participants the opportunity to integrate the skills discussed throughout the course, and learn how they can incorporate these practices into their work with their populations in a variety of settings. Specific connections will be made to activities of daily living that require the skills of calming, self-regulation, attention, and imitation for a variety of populations and settings.

10:00 am - Questions about morning class.

11:00 am - End of the morning session.

**Day 2: 1:00-4:00**

01:00 pm - Theory on adjusting students in yoga poses: how to do verbal adjustments and learning when and how to touch a student. This applies the anatomy and ethics practices from yesterday's content.

02:15 pm - Hands on adjustments - forward bends. Specific ways to evaluate and adapt forward bending to suit the motor skills and occupational performance skills of the individual's body with and without specialized needs to adapt and accommodate forward bending poses. Learning to adjust your students without touching them - theory and practice. Discussion and practice to delve further into each aspect of forward bending yoga poses including motor skills, process skills, self-regulatory aspects, and impacts of these skills on the individual's overall portrait of health and daily life function including health management and maintenance, rest, and sleep. Discussion of how these motor and process skills, and self-regulation skills impact activities of daily living and occupational engagement in the overall portrait of health.

03:00 - Hands on adjustments - back bends. Specific ways to evaluate and adapt back bending to suit the motor skills and occupational performance skills of the individual's body with and without specialized needs to adapt and accommodate back bending poses. Learning to adjust your students without touching them - theory and practice. Discussion and practice to delve further into each aspect of back bending yoga poses including motor skills, process skills, self-regulatory aspects, and impacts of these skills on the individual's overall portrait of health and daily life function including health management and

maintenance, rest, and sleep. Discussion of how these motor and process skills, self-regulation aspects impact activities of daily living and overall portrait of health.

03:45 pm - Deep Relaxation or meditation. 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. Specific connections between these areas and the implications for daily living skills and occupational performance of these skills that were discussed and demonstrated by class participants. Discussion regarding how relaxation and meditation can promote health and participation in occupational tasks and daily life.

04:00 pm - End of the Day.

### **Day 3: 08:00-11:00**

08:00 am - Hatha yoga class with breathing techniques and meditation. Participants practice and experience motor skills required in asana routine, calming and self-regulatory aspects of class, attention, and imitative skills for chanting, giving the participants the opportunity to integrate the skills discussed throughout the course, and learn how they can incorporate these practices into their work with their populations in a variety of settings. Specific connections will be made to activities of daily living that require the skills of calming, self-regulation, attention, and imitation for a variety of populations and settings.

10:00 am - Questions and answers about adjustments from yesterday's program.

11:00 am - End of the morning session.

### **Day 3: 1:00-4:00**

01:00 pm - The role that breath plays in the asana practice and how to work with it to go deeper into a pose. Using breath and movements to develop body awareness and concentration. Specific ways to evaluate and experience the use of breath and movement and how they work together to improve mental functions including attention and impulse control, how movements improve coordination, balance, strength, and flexibility and how this impacts overall mental functioning, process skills, and occupational performance skills of the individual's body with and without specialized needs. Specific connections will be made between these skills of impulse control, coordination, balance, strength and flexibility and their impact on activities of daily living and engagement in occupations and promotion of health.

01:45 pm - Hands on adjustments - lateral bends and spinal twists. Specific ways to evaluate and adapt side bending to suit the motor skills and occupational performance skills of the individual's body with and without specialized needs to adapt and accommodate side bending poses and spinal twists.

Learning to adjust your students without touching them - theory and practice. Discussion and practice to delve further into each aspect of lateral bending and spinal twists including motor skills, process skills, self-regulatory aspects, and impacts of these skills on the individual's overall portrait of health and daily life function including health management and maintenance, rest, and sleep. Specific connections will be made between these motor and self-regulatory skills and their impact on performance activities of daily living.

02:30 pm – How to guide inversions and alternatives when students can't perform inversions - hands on. Specific ways to evaluate and adapt inversions to suit the motor skills, process skills, and occupational performance skills of the individual with differing abilities. Participants will learn how to adapt poses as necessary through discussion and hands on demonstration.

03:15 pm - Group Discussion, questions and answers, explicit discussion making connections between skills learned by participants and how these relate to occupational performance to promote health and participation in activities of daily living for a variety of populations and settings.

04:00 pm - End of program.

### **Learning Outcomes:**

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

-Demonstrate that they are proficient in the intermediate techniques that are associated with the domains of OT that include aspects of Motor Skills, Process Skills, and Occupational Performance skills

through demonstration and discussion in class. Participants should 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.

-Evaluate and adapt yoga poses (forward bending, back bending, side bending, spinal twists, inversion) to suit the motor skills and occupational performance skills of the individual's body with and without specialized needs.

-Demonstrate proficiency in the techniques they have been taught via supervised group work with other participants in breakout rooms.

**Assessment Criteria and Methods: Assessment Criteria and Methods:**

Participants will 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. This will be assessed through pass/fail designation given to participants in the discussion which follows each demonstration by the instructor or by participants supervised and guided by the instructor. 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 will be demonstrated.

**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>