


COURSE INFORMATION FOR OCCUPATIONAL THERAPISTS

 <p>American Occupational Therapy Association Approved Provider</p>	<p>Yoga for the Special Child, LLC is an AOTA Approved Provider of professional development. Course approval ID# 2605. 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>
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<p>Type of Activity: Distance Learning-Interactive Instructional methods: Lecture, demonstration, practice, supervised hands-on activities Full Price: \$470.00</p>	<p>Schedule: Live Streaming Online Days 1 and 2: 8:30-12:00 EDT 1:00-4:30 EDT Day 3: 8:30-12:30 EDT Contact hours: 18 Total program hours: 18</p>
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<p>Content Level: Intermediate Program Categories: Occupational Therapy Service Delivery: Intervention Occupations and activities Preparatory methods and tasks Foundational Knowledge: Human Body, Development and Behavior-neurosciences, human development</p>	<p>Audience: Occupational therapists, occupational therapy assistants, physical therapists, physical therapy assistants, developmental therapists, speech therapists, nurses, health care practitioners, yoga therapists, yoga instructors, school teachers, special education teachers.</p>
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Course Description: Anne Buckley-Reen, OT, RYT, teaches this dynamic 2.5 day program, offering the school based practitioner a clinically researched Yoga curriculum utilizing developmentally graded yoga sequences which align with RTI and PBIS. Used throughout the United States and abroad since 2008, this popular preparatory yoga curriculum addresses learning and behavior issues across all ages (preschool–high school), stages and levels of ability. This program has been shown to positively impact self-regulation, attention, communication, motor planning, sensory-motor processing, and classroom performance. Get Ready To Learn ("GRTL") is designed for implementation and adaption across the range of classroom challenges from minimal to severe. Challenges addressed include students with mild to severe physical limitations, autistic spectrum disorders, developmental delays, learning disabilities and attention and emotional/ regulatory issues. Chosen as a PBS "Innovations in Education" program, this program has been highly acclaimed by participating teachers, therapists, and administrators.

Program Includes:
Training in the use of a series of developmentally sequenced floor yoga routines as well as a series of seated routines with adaptations for specific challenges, reproducible manual sections, including In-service handout and curriculum for classroom staff, data collection and observation tools, 1 year (renewable) Membership for program streaming.

Agenda

DAY 1	
8:30-9:00	Program Overview: Development, Mission and Goals
9:00-9:30	Morning Practice Floor 1 Sequence (LAB) (yoga mat required)
9:30-11:30	The 5 parts of a classroom yoga routine and indications for classroom function- "The How and Why of Yoga"
11:30-12:00	Sequence analysis and applications for specific populations

	Video Case Study: NYC Middle School Classroom of Students with ASD
12:00-1:00	Lunch (on your own)
1:00-2:00	Classroom and Staff Preparation A step by step guide for "Getting Ready" Modifications for specific populations Lab (chair practice) Case Studies: 1) HS class of students with developmental challenges 2) preschool class of students with developmental delays 3) typical 1st grade class
2:00-3:00	Phases of program implementation graded strategies to promote participation, engagement, and independence. Video demonstrations.
3:00-4:30	Using the classroom checklist to measure fidelity of implementation. Problem-solving: strategies, adaptations and modifications
DAY 2	
8:30-9:00	Floor 2 Sequence (LAB) (yoga mat required)
9:00-10:00	Sequence analysis and modifications/ Classroom Case study
10:00-12:00	Phases of Implementation (continued): Adaptations for individual students (Alex) Facilitating participation in students with motor planning challenges (Case Study)
12:00-1:00	Lunch (on your own)
1:00-2:00	Creating a Peaceful "ready" Environment in the Classroom: Quiet and calm Transitions in and out Modelling the way Breathing Breaks and Circle of Song- Enhancing breath and communication
2:15-2:30	Break
2:30-3:00	Seated 2 sequence (LAB) with modifications Sequences analysis and modification options
3:00-4:00	Measuring Change: Demonstrating Program effectiveness Research: Collecting Data Measuring progress and outcomes: Data analysis,
4:00-4:30	Implementation Tips and Tools: Working with Classroom teams, Administration, Parents. Resources for moving forward.
DAY 3	
8:30-12:30	Morning Practice, Advanced Floor Practice Sequence analysis and adaptations Moving forward: Creating/ Supporting a classroom and school yoga community Parent feedback Review of resources, program supports and manual Q and A Closing Meditation

Learning Outcomes:

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

- Describe 3 areas of GRTL yoga which address self-regulatory issues in the classroom.
- Identify the relationship between yoga, body awareness and classroom performance.
- Identify 3 environmental tools to support best practices of GRTL Classroom yoga.
- Demonstrate the use of timing, rhythm, entrainment, and breath to facilitate student engagement.

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 GRTL techniques from this course 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 case study, 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. 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>