

[Yoga for the Special Child 95Hour Part 1](#)

COURSE INFORMATION FOR OCCUPATIONAL THERAPISTS

 <p>American Occupational Therapy Association Approved Provider</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 4.2 CEUs, Intermediate, OT Service Delivery. AOTA does not endorse specific course content, products, or clinical procedures.
<p>Type of Activity: Distance Learning-Interactive Instructional methods: Lecture, demonstration, practice, supervised hands-on activities Full Price: \$880.00 Our comprehensive workbook, Yoga for the Special Child®, is provided to participants.</p>	<p>Schedule: Live Streaming Online 9 Days: Day 1 – 8 08:00-10:30am 02:00-04:30pm Day 9 08:00-10:30am Contact hours: 42 Homework non-contact hours: 6 Total program hours: 48</p>
<p>Content Level: Intermediate Program Categories: 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>Audience: 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.</p>
<p>Course Description: Sonia Sumar and her team teach this comprehensive training course in the theory and practice of Yoga therapy for babies and children with learning and/or developmental disabilities from birth to 12 years. 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;">Agenda</p> <p>Day 1 - Introduction and Orientation 08:00 am - Introduction and guidelines of the Program. 09:30 am - Background on Sonia's work with special children, beginning with the story of her daughter Roberta. 10:00 am - Learning how to align your own body so you can work with a child safely. Participants practice and experience motor skills required in asana routine. This gives participants the opportunity to integrate skills for discussions throughout course of how they can incorporate these practices into their work with children with diverse needs. Explanation of Yoga Therapy. Yoga as a tool to recovery of our health. 10:30 am - End of morning session.</p> <p>02:00 pm - Chanting – participants experience the calming and self-regulatory aspects as well as the attention and imitative skills for chanting, including motor coordination, memory, and concentration.</p>	

02:30 pm - Recuperating from physical challenges and emotional trauma. Yoga as a restorative lifestyle for children, impact on health management and maintenance, motor skills, and mental functions and occupational performance skills, impact of these skills on performance of daily life skills, coping and self-regulation, and health management.

03:00 pm - Adapting yoga poses for students with diverse needs.

03:45 pm - General info for students' participation in a complete 30-minute Yoga demonstration class using techniques for teaching to a child a one-on-one class.

04:00 pm - Students participate in a 30-minute Hatha Yoga Class using techniques for the Imitative Stage. 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.

04:30 - End of the day

1 hour - Homework; Read introduction and Chapter 1 of the program manual; breath observation.

Day 2 - The Preparatory Stage – Early Intervention (birth to six months)

08:00 am - Complete 45-minute Hatha Yoga Group class in the Preparatory Stage with participants. Participant 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.

08:45 am - The components of a Yoga for the Special Child class and how to balance asanas (yoga poses) for maximum benefits. 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.

09:30 am - Adaptations of Surya Namaskar, the sun salutation. Indications and contraindications; physical, emotional, and energetic benefits. Practice and discussion of motor skills benefits to emotional regulation and improved energy due to cardiovascular health and impact on daily life skills including rest and digestion.

10:30am - End of morning session.

02:00pm - Chanting - motor coordination, memory, concentration, and attention development through chanting. Teaching chant to children.

02:30pm - The Four Stages of Development, Preparatory, Inductive, Interactive, Imitative: Motor and Mental Functions addressed at each stage of development discussed.

02:45pm - Teaching the Preparatory Stage - Early Intervention: Birth to six months.

03:00pm - Hands on practice using dolls.

03:30pm - Video demonstration - The Preparatory Stage.

04:00pm - Deep relaxation techniques effective for children. Calming the mind and body and impacts on health maintenance, attention, and self-regulation affecting life skills.

04:30pm - End of the day.

1 hour - Homework: Read Chapter 2 of the program manual. Breath observation.

Day 3 - The Inductive Stage – Learning to respond

08:00am - Practicing is the best way to learn how to teach: a 30-minute demonstration Yoga class using Yoga for the Special Child techniques in the Inductive Stage with participants adding asanas as participants progress. Participants experience and practice 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.

08:30am - Specialized breathing techniques to use with mouth breathers, reversed and/or short breath, cleansing lungs. Specialized breathing exercises and relaxation techniques to increase concentration and reduce hyperactivity. Practice using techniques as participants will do with their clients and how to adapt as necessary to improve respiration, self-regulation, mental functioning, and health maintenance.

10:00am - Questions and answers.

10:30am - End of morning session.

02:00pm - Chant practice, how to guide your students, impact on attention and imitative skills.

02:45pm - Theory and practice: a step-by-step demonstration and explanation of Inductive Stage, including evaluating the infant and setting up a balanced Yoga routine; how to deal with specific cases, risks, and contradictions. Specific ways to evaluate and adapt postures to suit the motor skills and mental functions of the child.

03:00pm - Hands on practice with therapy dolls using techniques on dolls as participants will do with their clients, how to adapt poses as necessary.

03:15pm - Video demonstration – The Inductive Stage.

04:15pm - Deep relaxation, how to guide children to relax.

04:30pm - End of the day.

1 hour - Homework: Read Chapter 3 of the program manual. Breath observation.

Day 4 - The Interactive Stage Part 1 – Initiating Asanas (one to two years)

08:00am - Complete 45-minute Hatha Yoga Class with participants. Learning how to teach to Imitative Class. Participants experience and practice 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.

08:45am - Comments about the Yoga class. Homework questions and answers.

09:45am - Asana practice - adapting positions for the student's condition. Specific ways to evaluate and adapt postures to suit the motor skills, process skills, and occupational performance skills of the child.

10:30am - End of morning session.

02:00pm - Chanting. How to guide students harmoniously. Practice of impact on attention and imitative skills.

03:00pm - Theory and practice: a step-by-step demonstration and explanation of Interactive Stage-Part 1.

03:30pm - Hands on practice with therapy dolls using techniques on dolls as participants will do with their clients, how to adapt poses as necessary.

04:00pm - How Yoga helps to stimulate physical coordination, mental clarity, and social development in children with special needs. Case histories of children that Sonia has worked with, demonstrating the beneficial effects of Yoga as a therapy.

04:30pm - End of the day

1 hour - Homework; Read Chapter 4 of the program manual. Breath observation.

Day 5 - The Interactive Stage Part 1 – Initiating Asanas (one to two years)

08:00am - Complete 30-minute Group Hatha Yoga class in the Imitative Stage: learning how to teach.

Theory and practice - a step by step demonstration and explanation of how to organize all the components of the Yoga class. This class can be applicable to children with Autism, DS and Learning disabilities. This gives participants the opportunity to integrate skills for discussions throughout course on how they can incorporate these practices into their work with their populations in a variety of settings. Group discussion to delve further into each aspect of the class 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.

08:30am - The Interactive Stage: Part 1, continued.
10:30am – Ending of morning session.

02:00pm – Chanting practice, impact on attention and imitative skills.
02:30pm – Discussion of program homework. Questions and answers.
03:30pm - Introduction to Pranayama. Understanding the importance of breathing exercises. Adaptations. Specialized breathing exercises and relaxation techniques to increase concentration and reduce hyperactivity; Practice using techniques as participants will do with their clients and how to adapt as necessary to improve respiration, self-regulation, mental functioning, and health maintenance.
04:30pm - End of the day.
1 hour - Homework – Read Appendix A and B of program manual. Breath observation.

Day 6 – The Interactive Stage Part 2– Initiating Asanas (one to two years)

08:00am - 45-minute yoga class, adding more advanced asanas. Participant 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. Group discussion to delve further into each aspect of the class 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.
08:45am - The Interactive Stage: Part 2 - Adding more advanced preparatory exercises or asanas, according to the student's progress.
10:30am - End of morning session.

02:00pm – Chanting practice, impact on attention and imitative skills.
02:30pm - Homework discussion: Questions and answers.
03:15pm - Video demonstration of student in the Interactive Stage.
03:35pm - Video demonstration of student in the Interactive Stage.
04:00pm - Questions and answers.
04:30pm - End of day.

Day 7 - The Imitative Stage and Group Class – Developing Independence (two to three years), Yoga for Children and Adolescents

08:00am - 30-minute yoga class, adding more advanced asanas. Participant 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. Group discussion to delve further into each aspect of the class 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.
08:30am - The Imitative Stage - Making the transition from 30 to 45 minutes class.
09:30am - Teaching group classes. Description of the methods and techniques employed with children and adolescents in group classes including how to teach asanas, pranayama, relaxation, chanting and cleansing practices. Examples of different group class formats.
10:30am - End of morning session.

02:00pm – Chanting practice, impact on attention and imitative skills.
02:30pm - Refining Sun Salutation. Balance asanas. Seated asanas.
03:30pm - Video demonstration of child in the Imitative Stage.
04:30pm - End of the day.

Day 8 - Advanced Practice

08:00am - A 90-minute advanced Hatha Yoga Class for Program participants. This will give them a basis to practice at home in preparation for Basic Part 2. Participants experience and practice motor skills required in asana routine, calming and self-regulatory aspects of class, attention, and imitative skills for chanting. 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.

09:45am - Shira's video demonstration, a 20-year old young woman with severe Cerebral Palsy.

10:30am - End of morning session.

02:00pm - The business aspects of Yoga for the Special Child. What to do from this point on. When to become Licensed with Yoga for the Special Child and what that represents. Future trainings with Yoga for the Special Child.

02:45pm - Discussion of program homework. Questions and answers.

03:45pm - Description of the Sonia Sumar Method and techniques employed with children. Introduction on how to work with adolescents and adults.

04:30am - End of day.

Day 9 – Program Summary

08:00pm - Chanting.

08:30pm - Group discussion and closing comments: Teaching Yoga for the Special Child-Sonia Sumar Method.

09:30pm - Program summary and evaluation.

10:00am - Presentation of credit hours.

10:30am - End of program.

Homework to be completed before attending the 95Hour Part 2:

Teach 4 half hour classes to a child or group of children, record the last class for presentation at Part 2. Any age from 0 to 18 is fine, but you are encouraged to teach older children since that is the focus of Part 2. Yoga for the Special Child® 95Hour Part 1 is mandatory before attending Part 2.

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-Sonia Sumar Method.

-Demonstrate proficiency in the intermediate techniques they have been taught via supervised group work both with dolls and with other participants in break-out rooms.

-Discuss the recorded 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 demonstration and discussion in class. 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 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 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. 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>