

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

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 #0451. 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>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 08:00-11:00 EDT 13:00-16:00 EDT Contact hours: 18 Total program hours: 18</p>
--	---

<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.</p>
---	--

Course Description: Renata Sumar Gaertner teaches this comprehensive continuing education course to help you improve your understanding on how to safely adjust yourself and your student(s) in a yoga pose and how to build sequences to help you to connect deeper within. 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. Participants will learn how to modify and add variations of asanas for different students in a multi-level class. Participants will 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.

Agenda

DAY 1

08:00 am - Introduction
08:30 am - Surya Namaskar (Sun Salutation) - going deeper in each pose. 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 is working during each pose of sun salutation as well as using the breath to assist with movement. 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 also have opportunity to participate, demonstrating mastery of this focus on the poses under the guidance of the instructor.
09:15 am - Adding variations to Sun Salutation to balance your practice. Specific ways to evaluate and adapt variations to add to the 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.

10:15 am - Principals of forward bending. 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.

11:00 am - End of morning session.

01:00 pm - 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 with and without specialized needs.

02:00 pm - Adjusting yourself and your students – theory and practice. Hands on adjustments: specific ways to evaluate and adapt postures to suit the motor skills, process skills, and occupational performance skills of the individual with differing abilities. Discussion and practice to delve further into each aspect of the 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.

03:00 pm - Breakout rooms, working on adjustments with guidance and comments from the instructor.

03:45 pm - Meditation. Calming the mind and body and impacts on health maintenance, attention, and self-regulation impacting life skills.

04:00 pm – End of the day.

DAY 2

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 participants the opportunity to integrate the skills discussed throughout course, and 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 coordination, balance, strength, and flexibility for a variety of populations and settings.

10:00 am - Principles of back bending. 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.

11:00 am - End of morning session.

01:00 pm - Anatomy of asanas (yoga poses) of hatha yoga-applying the principles of anatomy. Motor skills and self-regulation skills are practiced, the anatomy of the musculoskeletal system and how motor groups work together for strength and flexibility in specific yoga poses. Discussion of how to use these skills with variety of populations, presenting a balanced routine promoting improved coordination, balance, strength, and flexibility and how this impacts health management and maintenance, rest, performance skills, and mental functioning.

01:45 pm - Principles of side bending and spinal twists. Specific ways to evaluate and adapt side bending and spinal twists to suit the motor skills and occupational performance skills of the individual's body with and without specialized needs.

02:45 pm - The practice of pranayama (yoga breathing exercises) to increase focus during asana practice and discussion of how pranayama improves attention and imitation skills. Breath control also affects the vagus nerve impacting state of arousal and regulatory skills.

03:45 pm - Deep Relaxation. 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.

04:00 pm End of the Day

DAY 3

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 participants the opportunity to integrate the skills discussed throughout course, and 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 coordination, balance, strength, and flexibility for a variety of populations and settings.

10:00 am - Creating sequences for yoga class that will accommodate different levels of students. Specific ways to evaluate and adapt postures 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 of sequences of postures in a yoga class.

11:00 am - End of morning session.

01:00 pm - Tips to improve your awareness.

02:00 pm - Group Discussion.

02:45 pm - Breakout rooms for student questions on poses.

03:30 pm - Questions and answers.

03:45 pm - Closing remarks

04:00 pm - End of the 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. 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>