

**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 In Person Distance 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> In-Person <b>Instructional methods:</b> Lecture, demonstration, practice, supervised hands-on activities <b>Full Price:</b> \$530.00</p>	<p><b>Schedule: In Person</b> Day 1: 5:30-8:30 PM Day 2-3: 8:00-1:00               2:00-4:30 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, special education teachers. <b>Prerequisite:</b> Yoga for the Special Child 95Hour Part 1 <b>Or:</b> 200Hour Yoga Teacher <b>Or:</b> Therapist/Health care practitioner/special education teacher with 1 year consistent yoga practice</p>
<p><b>Course Description:</b> Kathy Randolph, C-IAYT and Lori Pierce, RYT 200 and living with scleroderma teach this continuing education course in the theory and practice of Yoga techniques for people of any age with Scleroderma or Arthritis. The program includes Hatha yoga classes with breathing practices and meditation practice. Participants will learn how to modify and add variations of asanas for different students in a multi-level class. 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> 5:30 pm Introduction 6:00 pm The anatomy of Arthritis, how relief is provided by yoga practice, safety issues, contraindications. 7:00 pm The anatomy of Scleroderma, how relief is provided by yoga practice, safety issues, contraindications. 8:00 pm Group discussion: designing the best yoga routine for each example, questions and answers. 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. 8:15 pm Deep relaxation: Calming the mind and body and impacts on health maintenance, attention, and self-regulation affecting life skills. 8:30 pm End of the Day</p> <p><b>Day 2:</b> 8:00 am Hatha yoga class, eye exercises (netra vyayamam), breathing exercises (pranayama), meditation. Participants practice and experience motor skills required in asana routine, calming and self-regulatory aspects of class, and attention and imitative skills for chanting. This gives participants the opportunity to integrate skills for discussions throughout course of how they can incorporate these practices into their work with individuals with Scleroderma or Arthritis. Discussion of how to use these</p>	

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.

9:45 am Breakfast. Additional highlights on how skills affect overall health will be discussed.

10:00 am The use of eye exercises to improve eye lubrication, maintain eye mobility, and improve focus and concentration. Calming the mind and body and impacts on health maintenance, attention, and self-regulation impacting life skills.

10:15 am The use of breathing exercises to reduce stress and improve circulation, digestion, and sleep. Calming the mind and body and impacts on health maintenance, attention, and self-regulation impacting life skills. Specific focus on health maintenance and health management for digestive practices, impacts of these skills on the individual's overall portrait of health and daily life function including health management and maintenance, rest, and sleep.

10:45 am The use of deep relaxation in Raynaud's, chronic pain management and stress reduction. How to teach simple and practical deep relaxation practices. Calming the mind and body and impacts on health maintenance, attention, and self-regulation, impacts of these skills on the individual's overall portrait of health and daily life function including health management and maintenance, rest, and sleep.

11:00 am Hands on practice with each other: teaching hatha yoga class to a person with Arthritis. Specific ways to evaluate and adapt postures to suit the motor skills, process skills, and occupational performance skills of the individual with Arthritis. Participants will learn how to adapt poses as necessary through hands on demonstration of a yoga class with each other.

11:45 pm Hands on practice with each other: teaching hatha yoga class to a person with Scleroderma. Specific ways to evaluate and adapt postures to suit the motor skills, process skills, and occupational performance skills of the individual with Scleroderma. Participants will learn how to adapt poses as necessary through hands on demonstration of a yoga class with each other.

12:45 pm Designing the right hatha yoga class for each volunteer, questions and answers. 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.

1:00 pm Break for lunch

2:00 am Hands-on: volunteer with Arthritis or Scleroderma – Kathy/Lori and/or practicum by participants. Specific ways to evaluate and adapt postures to suit the motor skills, process skills, and occupational performance skills of the individual with Arthritis or Scleroderma. Participants will learn how to adapt poses as necessary through observation of hands-on demonstration of a yoga class with an individual who has Arthritis or Scleroderma. Participants will also have opportunity to participate demonstrating mastery of techniques in these hands-on demonstrations under the guidance of Kathy Randolph and Lori Pierce.

3:00 pm Hands-on: volunteer with Scleroderma or Arthritis – Kathy/Lori and/or practicum by participants. Specific ways to evaluate and adapt postures to suit the motor skills, process skills, and occupational performance skills of the individual with Arthritis or Scleroderma. Participants will learn how to adapt poses as necessary through observation of hands-on demonstration of a yoga class with an individual who has Arthritis or Scleroderma. Participants will also have opportunity to participate demonstrating mastery of techniques in these hands-on demonstrations under the guidance of Kathy Randolph and Lori Pierce.

4:00 pm Designing the right hatha yoga class for each volunteer, questions and answers. 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.

4:15 pm Deep relaxation Calming the mind and body and impacts on health maintenance, attention, and self-regulation affecting life skills.

4:30 pm End of the day

### **Day 3:**

8:00 am Hatha yoga class, digestive practices (bandhas & kriyas), 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 individuals with Arthritis and Scleroderma. Specific focus on health maintenance and health management for digestive practices.

9:45 am Breakfast. Questions and answers on digestive practices.

10:00 am The use of digestive practices to relieve digestive issues in Scleroderma, safety issues, choosing the right technique for each case, how to teach the digestive practices. Specific focus on health maintenance and health management for digestive practices.

10:30 am The use of meditation in chronic pain management and stress reduction. How to teach simple and practical meditation practices. Calming the mind and body and impacts on health maintenance, attention, and self-regulation affecting life skills.

11:00 am Hands-on: volunteer with Arthritis or Scleroderma – practicum by participants. Specific ways to evaluate and adapt postures to suit the motor skills, process skills, and occupational performance skills of the individual with Arthritis or Scleroderma. Participants will learn how to adapt poses as necessary through observation of hands-on demonstration of a yoga class with an individual who has Arthritis or Scleroderma. Participants will also have opportunity to participate demonstrating mastery of techniques in these hands-on demonstrations under the guidance of Kathy Randolph and Lori Pierce.

12:00 pm Hands-on: volunteer with Scleroderma or Arthritis – practicum by participants. Specific ways to evaluate and adapt postures to suit the motor skills, process skills, and occupational performance skills of the individual with Arthritis or Scleroderma. Participants will learn how to adapt poses as necessary through observation of hands-on demonstration of a yoga class with an individual who has Arthritis or Scleroderma. Participants will also have opportunity to participate demonstrating mastery of techniques in these hands-on demonstrations under the guidance of Kathy Randolph and Lori Pierce.

12:45 pm Designing the right hatha yoga class for each volunteer, questions and answers. 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.

1:00 pm Break for lunch

2:00 pm Hands-on: Group or private classes of volunteers with Arthritis or Scleroderma – practicum by participants. Specific ways to evaluate and adapt postures to suit the motor skills, process skills, and occupational performance skills of the individual with Arthritis or Scleroderma. Participants will learn how to adapt poses as necessary through observation of hands-on demonstration of a yoga class with an individual who has Arthritis or Scleroderma. Participants will also have opportunity to participate demonstrating mastery of techniques in these hands-on demonstrations under the guidance of Kathy Randolph and Lori Pierce.

3:45 pm Group discussion, questions, and answers

4:00 pm Closing

4:15 pm Deep relaxation

4:30 pm End of the Program

We will be working with people of any age who have Scleroderma or Arthritis. Please contact [kathy@yogaforscleroderma.com](mailto:kathy@yogaforscleroderma.com) if you know a person who would like to participate in our program as a Volunteer. Kathy/Lori and/or participants will be working with volunteers on Day 2: two private classes in the afternoon. On Day 3: two 2 private classes in the morning and a group class or private classes in the afternoon. We really appreciate your help in arranging volunteers as they are the highlights of our program.

**Learning Outcomes:**

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

-Identify the appropriate techniques for use as outlined by the Sonia Sumar Method when working with students with Scleroderma or Arthritis.

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

-Discuss the live class demonstrations given by the course instructors and participants supervised/guided by the instructors, using the Sonia Sumar Method while working with a student with Scleroderma or Arthritis.

-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 a volunteer by the instructors 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 by phone, Kathy Randolph, (775) 322-4600 or e-mail [kathy@yogaforscleroderma.com](mailto:kathy@yogaforscleroderma.com) as soon as possible. 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.yogaforscleroderma.com/education>