


[Yoga for the Special Child CE on ADHD & Autism](#)

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. Provider Approval ID #10382. This In Person 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: In Person Instructional methods: Lecture, demonstration, practice, supervised hands-on activities Full Price: \$530.00</p>	<p>Schedule: In Person Day 1 and 2: 08:00-01:00pm 02:00-04:00pm Day 3: 08:00-01:00pm 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 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. Prerequisite: Yoga for the Special Child 95Hour Part 1.</p>
<p>Course Description: Sonia Sumar teaches this comprehensive continuing education course in the theory and practice of Yoga techniques for babies and children with Autism or ADHD. The program includes Hatha yoga classes with breathing practices and meditation practice. Participants will learn how to modify and add variations of asanas for students with diverse needs including ADHD and Autism. 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 08:00 am - Meditation and Hatha yoga class. Participants practice and experience motor skills required in asana routine, calming and self-regulatory aspects of class, 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 Autism and/or ADHD 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. 10:00 am - Introduction 10:30 am - Teaching Hatha yoga class to a child with Autism and/or ADHD, hands-on demonstration with instructor. Specific ways to evaluate and adapt postures to suit the motor skills, process skills, and mental functions of the individual with Autism and/or ADHD. Participants will learn how to adapt poses as necessary through observation of hands-on demonstration of a yoga class with an individual who has Autism and/or ADHD. 11:00 am - Teaching Hatha yoga class to a child with Autism and/or ADHD, hands-on demonstration with instructor. hands-on demonstration with instructor. Specific ways to evaluate and adapt postures to suit the motor skills, process skills, and mental functions of the individual with Autism and/or ADHD.</p>	

Participants will learn how to adapt poses as necessary through observation of hands-on demonstration of a yoga class with an individual who has Autism and/or ADHD.

11:45 am - Group discussion: definition of stages and the best yoga routine for each child. Group discussion to delve further into each aspect of the class including motor skills, process skills, self-regulatory aspects, attention, and imitative skills, 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 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, mental functioning. Specific connections will be made to activities of daily living that require the skills and of coordination, balance, strength, and flexibility for a variety of populations and settings.

01:00 pm - Break for Lunch

02:00 pm - Afternoon discussion: participants will have time to discuss how the yoga class could impact the individuals motor skills, social skills, health management and maintenance, and demonstrate how to adapt poses as necessary for an individual who has Autism and/or ADHD.

02:30 pm - Teaching Hatha yoga to a child with Autism and/or ADHD, hands-on demonstration with instructor. hands-on demonstration with instructor. Specific ways to evaluate and adapt postures to suit the motor skills, process skills, and mental functions of the individual with Autism and/or ADHD. Participants will learn how to adapt poses as necessary through observation of hands-on demonstration of a yoga class with an individual who has Autism and/or ADHD.

03:00 pm - Teaching Hatha yoga to a child with Autism and/or ADHD, hands-on demonstration with instructor. hands-on demonstration with instructor. Specific ways to evaluate and adapt postures to suit the motor skills, process skills, and mental functions of the individual with Autism and/or ADHD. Participants will learn how to adapt poses as necessary through observation of hands-on demonstration of a yoga class with an individual who has Autism and/or ADHD.

03:45 pm - Deep Relaxation. 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 - Meditation and Hatha yoga class. Participants practice and experience motor skills required in asana routine, calming and self-regulatory aspects of class, 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 Autism and/or ADHD 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.

10:00 am - Group discussion: definition of stages and the best yoga routine for each child. Group discussion to delve further into each aspect of the class including motor skills, process skills, self-regulatory aspects, attention, and imitative skills, 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 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, mental functioning. Specific connections will be made to activities of daily living that require the skills and of coordination, balance, strength, and flexibility for a variety of populations and settings.

11:00 am - Teaching Hatha yoga class for a child with ADHD and/or Autism, hands-on demonstration by instructor and/or participants. Specific ways to evaluate and adapt postures to suit the motor skills and mental functions of the individual with Autism and/or ADHD. Participants will learn how to adapt poses as necessary through observation of hands-on demonstration of a yoga class with an individual who has Autism and/or ADHD. Participants will have the opportunity to participate demonstrating mastery of techniques in these hands-on demonstrations under the guidance of the instructor.

11:30 am - Teaching Hatha yoga class for a child with ADHD and/or Autism, hands-on demonstration by instructor and/or participants. Specific ways to evaluate and adapt postures to suit the motor skills and mental functions of the individual with Autism and/or ADHD. Participants will learn how to adapt poses as necessary through observation of hands-on demonstration of a yoga class with an individual who has

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12:00 pm - Group discussion: definition of stages and the best yoga routine for each child. Group discussion to delve further into each aspect of the class including motor skills, process skills, self-regulatory aspects, attention, and imitative skills, 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 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, mental functioning. Specific connections will be made to activities of daily living that require the skills and of coordination, balance, strength, and flexibility for a variety of populations and settings.

01:00 pm - Break for Lunch

02:00 pm - Afternoon Discussion Participants will have time to discuss how the yoga class could impact the individuals motor skills, social skills, health management and maintenance, and demonstrate how to adapt poses as necessary for an individual who has Autism and/or ADHD.

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03:30 pm - Group discussion. Participants will have time to discuss how the yoga class could impact the individuals motor skills, social skills, health management and maintenance, and demonstrate how to adapt poses as necessary for an individual who has Autism and/or ADHD.

04:00 pm - End of the Day

DAY 3:

08:00 am - Meditation and Hatha yoga class. Participants practice and experience motor skills required in asana routine, calming and self-regulatory aspects of class, 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 Autism and/or ADHD 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.

10:00 am - Teaching Hatha yoga class for a child with ADHD and/or Autism, hands-on demonstration by instructor and/or participants. Specific ways to evaluate and adapt postures to suit the motor skills and mental functions of the individual with Autism and/or ADHD. Participants will learn how to adapt poses as necessary through observation of hands-on demonstration of a yoga class with an individual who has Autism and/or ADHD. Participants will have the opportunity to participate demonstrating mastery of techniques in these hands-on demonstrations under the guidance of the instructor.

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11:30 am - Program summary and evaluation. How to set up your own Yoga for the Special Child practice. How to use Yoga for the Special Child as a treatment modality in an OT clinic, pediatric home health, schools, pediatric out-patient, community wellness, and mental health. How to incorporate selected techniques in an OT session. Group discussion, questions, and answers, closing remarks.

12:30 pm – Presentation of Credit Hours.

01:00 pm - End of the Program

We will be working with children of any ages who have ADHD or Autism. Please contact the program coordinator in case you have a child or a client that would like to participate in our program. The instructor will be working with 4 children on Days 1 and 2: two in the morning and two in the afternoon, with 2 children in the morning of Day 3. We really appreciate your help as children are the highlight of our program.

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 Method when working with students with Autism and/or ADHD.
- 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 instructor and/or participants who use the Yoga for the Special Child Method while working with a student with Autism and/or ADHD.
- 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 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>