



Yoga Therapy for Every Special Child: Meeting Needs in a Natural Setting

Nancy Williams

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Yoga therapy is gaining rapid recognition as a form of treatment that can improve the physical and mental wellbeing of children with a variety of complex needs. This book contains a specially-designed yoga program for use with children of all abilities, and provides both parents and professionals with the knowledge they need to carry out the therapy themselves. The program consists of a series of postures, each of which is explained and accompanied by an illustration. The postures are designed to help children understand and use their bodies, and work towards positive changes such as realigning the spine, encouraging eye-contact, and promoting calm and steady breathing. Consideration is given to creating the right setting for carrying out the therapy, assessing an individual child's particular needs, and making the sessions fun using games and props. Sections on yoga therapy for specific conditions such as autistic spectrum disorder, Down syndrome, and cerebral palsy are included, and the book concludes with child and parent reports on how the program has worked for them, and a list of useful contacts and resources. This practical book is a must for parents, teachers, therapists and other professionals, and anybody else who wants to help a child to develop through enjoyable and therapeutic yoga sessions.

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