

BIO

Jo Manuel is the UK's leading practitioner and Teacher Trainer of Therapeutic Yoga for Children with Special Needs.

The Special Yoga for Special Children Teacher Training course is the outcome of her longstanding commitment to making therapeutic Yoga available to every child that could benefit from it.

TEACHER TRAINING

This powerful course gives students the essential tools to make Yoga's therapeutic benefits accessible to infants and children with various special needs, helping them reach their full potential. It also highlights the importance of connecting with the children. Principles are fully illustrated by demonstrations with children of different ages and abilities.

The course is conceived and taught by Jo Manuel whose work and practice has reached and touched thousands of children with special needs. Having taught and practiced Therapeutic Yoga for children with special needs since 2001, Jo shares her vast experience with her students in a very accessible and practical way throughout the course.

{ This course offers a formal Certificate of Attendance. }

innerSPACEhealth

Practices:

- > Special Yoga with Special Babies, Children and Teenagers
- > Breathing and Cleansing Practices (Pranayama and Kriyas)
- > Sound and Chanting Practices
- > Mudras
- > Meditation and Mindfulness Practices
- > Covering various conditions such as Cerebral Palsy (CP) and other physical limitations (PMLD), Ataxic CP, Spastic Quadriplegia and Hemiplegia
- > Asana practices for children with Muscular Degenerative Conditions, Children with Visual and Hearing Impairments, Global Developmental Delays, Autism, ADHD and Down syndrome
- > Sequences for working in groups with both children and teenagers

BOOK TODAY!

www.innerspacehealth.ie
info@innerspacehealth.ie
087 790 3859

innerSPACEhealth

SPECIAL YOGA TRAINING FOR SPECIAL CHILDREN

7 DAY INTENSIVE TRAINING

Dates: **15th - 21st, June**

Venue: **University of Limerick**

Cost: **€850**

Student Pre-Requisit: Open to School Teachers, Early Years Educators, Physiotherapists, Occupational Therapists, Health Care Professionals, others working in the field of paediatrics and parents of children with special needs. Open to Yoga Teachers with an interest in teaching Yoga to children with special needs.

“ I loved the beautifully, humbling and inspiring observations with the children, working in partnerships and basing sequences around our own bodies. ”

-LC

Student pre-requisites:

- > The course is suited to parents, Yoga teachers, school teachers and paediatric professionals.
- > Prior Yoga experience is not mandatory.

Curriculum will include:

- > The principles of Yoga and its relation to the children
- > How to adapt and develop Yoga poses for different conditions
- > Managing challenging behaviours
- > How to evaluate the child and create a specific practice for them
- > How to encourage, stimulate and regulate breathing
- > How to help the child to relax and restore
- > How to balance and calm the nervous system
- > How to work with groups of children with special needs

InnerSpaceHealth offers yoga classes for adults, children and children with special needs . It also caters for the corporate sector and schools.



Jo Manuel

jo@specialyoga.org.uk
Course leader

Certification :

Upon completion of the 7 day intensive course ' Special Yoga for the Special Child,' you will be awarded a certificate from Special Yoga UK. This certificate will also include the Yoga Alliance UK logo , along with a logo as a British Wheel of Yoga accredited centre and the Westminster Mark. This course is also accredited by ASDAN but if you would like a separate certificate from them, you can order it directly through Special Yoga UK.



www.innerspacehealth.ie
info@innerspacehealth.ie
087 790 3859

