



**Course: 3 Day Training**

**Venue: Dublin**

**Dates: To be confirmed ( Provisional Dates/ September 2017)**

**Special Yoga and Mindfulness Training for Children with Autism, ADHD and Learning Difficulties**

This Special Yoga Training is taught by the UK's leading yoga therapist for children with special needs, Jo Manual from The Special Yoga Foundation. The course is suitable for Occupational Therapists, Physiotherapists, Special Needs Assistants and other Health-Care Professionals who work with children with special needs. The course is awarded by The Special Yoga Foundation, ASDAN, Yoga Alliance UK (Vocational Training) and The Westminster Mark

Using Special Yoga can be complementary to your work as an Occupational Therapist

Some of the course contents include;

- Using and implementing Yoga to support self-regulation, body awareness, motor planning and coordination
- How a basic Yoga practice influences and enhances bodily functions, brain chemistry and behaviour
- How to balance the child's nervous systems
- Using Yoga as a daily 'sensory diet
- Understanding how and why Yoga works for these population
- Analysis of basic Yoga postures: physiological and therapeutic benefits, and the components of a balanced programme

For further enquiries, please click on the link: <http://innerspacehealth.ie/training/>

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