

Testimonials

"I was privileged to watch Mary's class evolve as she created a unique, individualized yoga program for her students' special needs. As they participated in her yoga program, therapeutic gains ranging from flexibility, strengthening, body awareness, self-regulation and self-esteem improved dramatically! Each student was an active participant who truly enjoyed their role, and the benefits were outstanding!"

Jenn Perillo, MSOTR

"I was able to observe first-hand the countless benefits derived from Mary Flynn's special-needs yoga program. The 'yogis' in the class were treated as equals in a connected, safe environment, while being encouraged to challenge their individual abilities. Each student was given the gift of gaining core strength, confidence, self-awareness, improved respiratory capabilities, renewed energy, increased flexibility, improved postural alignment and the enjoyment of being part of something bigger than themselves."

Audrey Artz, MPT

"Mary Flynn's yoga program has had many benefits for my students with developmental challenges. She brings a dynamic to my program that motivates and energizes my students...meeting the needs of each participant. Mary's program has been so effective that I bring my own children to her for yoga instruction. As a parent and teacher, I have witnessed the many benefits of yoga for all children. I would highly recommend Mary Flynn's yoga program as an effective tool to enhance the overall physical, emotional, and social growth of all children."

Jacque Supsie, Special Education Teacher



Mary Flynn...teaching with humor, gratitude and joy!

About the Teacher...

Mary Flynn is a registered yoga teacher who also has over 30 years of experience as a Special Education teacher, working with children of various ages and developmental challenges, including autism.

Peaceful Pathways LLC is dedicated to providing the yogic experience to all people of all ages, abilities and backgrounds.

Mary Flynn is committed to helping students find a personal practice that encourages a sense of well-being on all levels...and to developing that experience through trust, communication and respect.

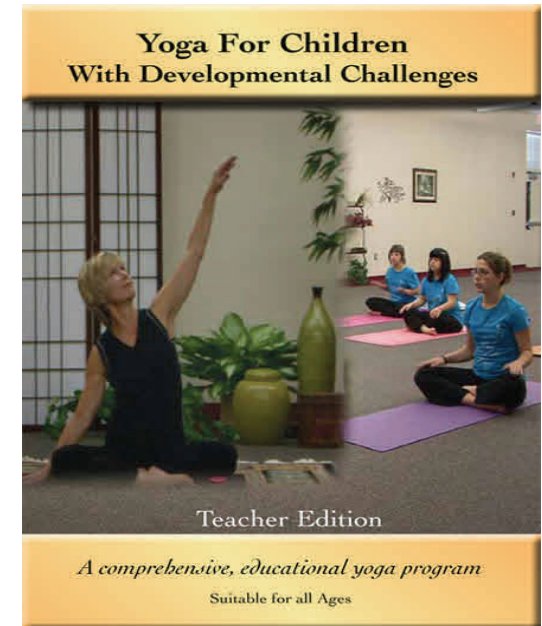
Peaceful Pathways LLC offers a variety of classes for children and adults. Mary Flynn specializes in teaching yoga to people with developmental challenges. She is also available for staff and student workshops as well as consultation.



YOGA

For People with

Developmental Challenges



Teacher and Home Edition DVD's available on Website

Mary Flynn

Registered Yoga Teacher

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Benefits of Yoga

Peaceful Pathways Mission Statement:

- To improve and enrich the quality of life through the practice of yoga for all individuals, especially those with developmental challenges
- To inspire and empower all individuals to recognize and share their own unique gifts



Why Yoga?

Yoga encourages us to remove the physical and mental obstacles in our lives that create stress and imbalance. Yoga supports us in developing personal practices that cultivate a sense of health and well-being.

Peaceful Pathways LLC offers safe and inspirational classes in a gentle, supportive, compassionate and respectful environment. Yoga classes are designed to offer the greatest benefits possible by adapting the practice to meet individual needs.

Educational

- Stimulates the brain
- Develops and increases focus, attention, listening, following directions, and organizational skills
- Increases concentration and memory
- Develops balance and coordination skills
- Develops perceptual skills
- Develops gross and fine motor skills
- Increases vocalization and rhythmic skills
- Increases confidence and healthy attitudes toward new challenges

Sensory

- Tactile/Touch—bare feet feeling the floor or mat (grounding); hands touching various parts of the body or mat
- Proprioception—(muscles, joints and body awareness) balancing and weight bearing postures, changing body positions, repetitive flow of postures
- Vestibular (posture and balance, muscle tone, motor control and language skills) transition between postures, directional changes, stop/start motions and flexion/extrusion movements
- Visual (action of eye muscles and the ability to mirror what the eyes see, visual discrimination, memory sequencing) imitation of postures, sequencing postures
- Auditory (processing auditory information, sound recognition and reproduction, discrimination between sounds) listening for the breath
- Relaxation response is engaged
- Sensory system is soothed
- Strengthens, balances and tones the nervous system
- Develops self-awareness of the body, mind and breath

Health

- Improves body alignment, posture and patterns of movement
- Reduces and relieves stress and anxiety
- Strengthens the immune system
- Increases strength, flexibility, balance, coordination and muscle tone
- Improves organ function
- Helps to regulate blood sugar and blood pressure
- Creates a greater sense of vitality and well-being

Social

- Improves self image—diminishes negative feelings and frustration
- Develops necessary boundaries and respect for self and others
- Creates/restores a feeling of self control
- Increases body awareness
- Encourages a positive outlook on life
- Cultivates a better relationship with self and others
- Develops tolerance and compassion
- Fosters cooperation
- Become more mindful, confident, responsible and self-directed

Emotional

- Meets the student where they are
- Nurturing, non-competitive, non-judgmental environment
- Acceptance without the stress of performance
- Boosts self-confidence
- Challenging poses teach us not to give up
- Can energize us or slow us down, if needed