

# Yoga for Children with Developmental Challenges

**New DVD**

## Yoga for Children with Developmental Challenges Teacher Edition

Five-part comprehensive educational video designed to introduce the incredible benefits of a regular yoga practice to our developmentally challenged population—educational, health, physical, sensory, social, and emotional.

Part 1 Introduction

Part 2 Creating the Yogic Environment

Part 3 Developing an Awareness of the Breath

Part 4 Posture Benefits and Demonstration

Part 5 38 Minute Yoga Class...A balanced practice including centering, yogic breathing, postures in seated, quadruped, standing, prone and supine positions and includes balances, inversions, rotations, and deep relaxation.

The DVD Teacher Edition is specifically designed for classroom and large group practice. This edition includes many additional preparatory exercises and instructions for creating the yogic environment and developing the breath.



\*Home Edition also available

Please visit our website at [www.peacefulpathwaysyoga.com](http://www.peacefulpathwaysyoga.com) to learn of the numerous benefits yoga has to offer our developmentally challenged population, including children with autism.

\*Educational

\*Health

\*Social

\*Emotional

\*Sensory



Peaceful Pathways LLC

Phone: 732-657-5410

Website: [www.peacefulpathwaysyoga.com](http://www.peacefulpathwaysyoga.com)

Email: [mary.flynn@peacefulpathwaysyoga.com](mailto:mary.flynn@peacefulpathwaysyoga.com)