

## **Yoga for Children with Autism Spectrum Disorders: A Step-by-Step Guide for Parents and Caregivers by Dion E. Betts & Stacey W. Betts**

HEALTH & MEDICINE **Betts**, Dion E. & Stacey W. Betts. Yoga for Children with Autism Spectrum Disorders: A Step-by-Step Guide for Parents and Caregivers. Jessica Kingsley. May 2006. c.112p. photogs. pap. \$18.95. HEALTH

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As the parents of a child with Asperger syndrome, special education administrator Dion E. Betts (coauthor, *Homespun Remedies: Strategies in the Home and Community for Children with Autism Spectrum and Other Disorders*) and yoga practitioner Stacey W. Betts are sensitive to the needs of children with autism spectrum disorders (ASDs). Here they explain how yoga can be beneficial to such children through a series of illustrated, easy-to-follow yoga poses and breathing techniques. They introduce warm-up, strengthening, tension-releasing, and calming poses; two short sequences for lighter days; and four breathing techniques. Photos present two levels of a pose, and imagery is employed metaphorically as well, to help the child better understand a pose (e.g., one must be strong in the bridge pose to hold up the cars and trucks that roll over a bridge). This book, which can be used by parents wanting to introduce their children to yoga, shows how stress and anxiety can be lessened in both parties through patience and hands-on interaction. Recommended for all libraries.-Dede Fellrath-Archer, Naples, FL

### **Author Affiliation**

Dede Fellrath-Archer, Naples, FL

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