

The Special Yoga Centre



Yoga for the Special Child is a step-by-step integrated system of Yoga poses designed to encourage the natural development of children with specific requirements. The essence behind this work is that every child is special. No label can define or limit their potential for positive change.



Some of the benefits of yoga therapy are that it;
increases attention and concentration
develops flexibility and corrects postural alignment
relieves respiratory ailments
improves breathing and sleep patterns
increases emotional stability and self esteem
promotes an overall sense of well being, peace and calm

CURRENT SCHEDULE ** STARTING 25TH FEBRUARY ** SPACES AVAILABLE **

SATURDAY: 09.30-10.15 Group Yoga class for children with ASD
10.15- 11.00 Group Yoga class for children with physical disabilities

All children will have a free 1:1 session prior to starting a group session.
The groups are partially funded by the National Lottery, as such a suggested voluntary donation of £3.00 per child is requested, however if you cannot afford this, please let us know and we can discuss alternative options (adults accompanying children attend free of charge).

ALSO AVAILABLE:

1:1 yoga therapy and/or family sessions
For Schools: outreach work, open days, taster sessions and teacher training

All classes for children and young people are held at the Sitaram Yoga Studio, Gunhouse Lane, Bowbridge, GL52DB. For more information about classes please contact Lucy on tel: 01452 770183 or email:

specialyoga@gmail.com the work we do can be seen here:
<http://www.youtube.com/user/thespecialyogacentre?feature=mhee>

