



Yoga for ADHD, Autism & Differently-abled Children

Taught by Shakta Khalsa, ERYT-500, Founder of Radiant Child Yoga and Allison Morgan, MA, OTR RYT-200.

Special needs? Perhaps, but we prefer to call them children with special intentions!

Learn how to reach the hearts and minds of these amazing children using your creativity, intuition, and excellent therapeutic tools. In the process, you'll learn what these very special children have to teach us.

As a parent, teacher, or therapist, you will learn to integrate yoga into the everyday lives of children through:

- **Breath:** to enhance self-regulation, modulation and emotional balance.
- **Movement:** to improve motor planning, balance, coordination, strength and flexibility.
- **Meditation/Relaxation:** to decrease stress and promote a calm, relaxed body and centered mind.

Course includes a comprehensive training manual. Fly like a butterfly: Yoga for Children and Yoga in Motion DVD are highly recommended and will be available for sale at the course.

March 31 – April 2, 2017

Friday 6:00-9:00pm, Saturday 8:00am-5:00pm, and Sunday 8:00am-4:00pm

At: Reflections Center for Conscious Living & Yoga, New York City

227 East 24th Street, New York, NY; www.reflectionsyoga.com

Tuition: \$525 through 1.15.17, after that date: \$625, includes comprehensive manual.

20-hour course credits may be applied toward RCFY 200 & 95 certification at any time in the future.

Info/Register: info@childrensyoga.com or visit www.childrensyoga.com