



# Yoga for ADHD, Autism & Differently-abled Children

*Coming to Seattle-Tacoma WA this June...*

*Taught by Shakta Khalsa, ERYT-500, Founder of Radiant Child Yoga  
and Sarah Gigante, PT, DPT, RYT-200, Doctor of Pediatric Physical Therapy.*

**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.

**We will cover:**

- Common Diagnoses & How Yoga Helps them
- Yoga for the Developmental Steps & Integrating Primitive Reflexes
- Yoga Series for Calm in the Classroom
  - Games for Developing Empathy
- Brain Body Tune up
  - Caring for You as the Caregivers
- Developing the Senses with Montessori-based Activities

Course includes a comprehensive training manual.

**DATES**

**Fri. June 14: 8:30-5:30 pm**

**Sat. June 15: 8:30-5:30 pm**

**Sun. June 16: 8:30-1 pm**

**\$530 for the first 10 registered**

**Regular Tuition \$600**

[Refund through Sep. 12, 2019, course credit after that.

\$50 admin fee applies with all. ]

**Location: Yoga Studio in Seattle-Tacoma WA, exact address TBD**

**Info/Register: [info@childrensyoga.com](mailto:info@childrensyoga.com) or visit [www.childrensyoga.com](http://www.childrensyoga.com)**

For local details (accommodations etc.) contact SatHari Kaur: [satharikaur11@gmail.com](mailto:satharikaur11@gmail.com)