

# Therapeutic Yoga for the Child with Developmental Challenges

Anne Buckley-Reen OTR, RYT

## Faculty

Anne Buckley-Reen, OTR, RYT has been a practicing pediatric therapist for 30+ years and a pioneer in the use of yoga as a therapeutic modality for the past 16 years. Her work with yoga has been researched, published and cited in numerous journal articles and is the foundation for a researched preparatory program widely used in NYC schools - special needs classrooms. Anne brings a wealth of treatment options to pediatric therapy through yoga and continues to expand her knowledge and sharing through her dynamic yoga trainings.

Disclosure: Financial: Anne Buckley-Reen receives a speaking fee from Education Resources for this course and receives proceeds from distribution of each DVD. Non-Financial: She has no non-financial relationships to disclose.

"If you are debating about taking this course, stop! This course was absolutely enlightening, informative, and practical. It provided basic through advanced treatment strategies and gave clarity to how to implement yoga in a variety of diagnoses. Anne contributed much more than "yoga" to our learning."

- A. Morage, OTR/L

## About this Course

This DYNAMIC workshop shares clinically tested individual therapeutic yoga protocols as well as the therapeutic use of specific yoga modalities and modifications for children of all ages. This program highlights the use of therapeutic YOGA for INDIVIDUAL treatment sessions and strategies for even your most challenging clients. Through experiential labs participants will focus on the physical, regulatory, physiological, sensory-motor and emotional benefits of specific therapeutic yoga postures, breath-work and relaxation techniques. Breath and sound and relaxation exercises to enhance regulation, endurance and organization will be highlighted. Clinical care analysis will demonstrate the therapeutic benefits of each sequence with children challenged by:

- Self-regulatory disorders
- Autism
- ADD
- Degenerative neuro muscular conditions
- Sensory motor immaturity-motor planning/executive function issues.
- Learning Disabilities
- Anxiety – OCD
- Cerebral Palsy

## Objectives

- 1 Demonstrate specific yoga breathing and posture techniques to address self-regulation, anxiety, central attention, sensory-motor registration, endurance motor skills organization and executive function
- 2 Create a therapeutic environment that will calm even the most anxious child and experience a series of clinically tested 5-part yoga sequences with individualized modifications for specific challenges and a wide range of therapeutic benefits
- 3 Discuss improvement in self-regulation, self-awareness and self-control through timing, sequencing and repetition of yoga postures
- 4 Summarize how to address neurological immaturity and facilitate body awareness, motor planning and motor skills through developmentally choreographed yoga practices
- 5 Summarize postural, breath and relaxation techniques
- 6 Demonstrate the use of props (straps, blocks, pillows, towels, blankets) to enhance alignment, breath control, body awareness and motor control
- 7 Build strength, coordination, balance and motor skills through active flow and holding of postures
- 8 Demonstrate individualized body-breath strategies to regulate arousal, increase engagement, and build brain-body connections
- 9 Demonstrate progressive relaxation techniques for students with ASD, ADD and LD (hands on and off)

## Schedule – Day 1

8:00-8:30	Registration/Continental Breakfast
8:30-10:00	LAB: Morning Yoga Practice: Reflections
10:00-10:15	Break
10:15-10:30	Yoga Program Overview and Goals: <ul style="list-style-type: none"> <li>• Setting up the environment</li> <li>• Starting points</li> </ul>
10:30-11:30	Yoga Breathwork - 5 basic yoga breathing exercises for specific goals <ul style="list-style-type: none"> <li>• Postures, supports and positioning for breathing</li> <li>• Common breathing styles and interventions</li> <li>• Entrainment and sound to support breath rhythm</li> <li>• Breath for regulation, endurance, organization, alertness, energy and calming</li> <li>• The use of entrainment for our youngest or most challenged clients</li> </ul>
11:30-12:00	Yoga Eye Exercises: Ocular motor strategies to promote visual attention, ocular motor control and visual-vestibular organization levels 1-4
12:00-1:00	Lunch (on your own)
1:00-2:00	(Individual) Therapeutic Yoga for moderate-severe ASD/Case Studies (2) <ul style="list-style-type: none"> <li>• The sequence-rational for specific postures</li> <li>• The environment</li> <li>• Use of visual cards</li> <li>• Pacing the sequence</li> <li>• Facilitating circles of communication</li> </ul>
2:00-2:15	Break
2:15-4:15	Yoga Postures: Practice Lab followed by analysis of specific postures and physiological and therapeutic benefits (including sensory-motor and developmental benefits)
4:15-4:30	Deep Relaxation hands on and off/ therapeutic benefits <ul style="list-style-type: none"> <li>• Questions and answers</li> </ul>

A program sequence DVD from Anne's "Get Ready with Yoga" series will be included with this course.

## Schedule – Day 2

8:00-8:30	Continental Breakfast
	<b>Case Studies/Lab</b>
	(all labs include practice and sequence analysis)
8:30-10:00	The Child with Self-regulatory Challenges: <ul style="list-style-type: none"> <li>• A developmentally graded sequence</li> <li>• Postures to calm and organize</li> <li>• Shifting negative emotional states with breath</li> <li>• Addressing biochemistry of reactive behavior with yoga</li> </ul>
10:00-10:15	Break
10:15-11:00	The Disorganized Learning-disabled Child: <ul style="list-style-type: none"> <li>• Hypotonia, incoordination and moderate learning disabilities</li> <li>• Postural supports and modification</li> <li>• Sequence analysis</li> <li>• Parent/teacher feedback</li> </ul>
11:00-12:00	The Child with a Progressive Neuromuscular Disorder: <ul style="list-style-type: none"> <li>• Lab and parent interview</li> <li>• Impact on immune function</li> <li>• Breath and endurance</li> <li>• Emotional resilience</li> <li>• Motor control</li> <li>• Parent and child interview</li> </ul>
12:00-1:00	Lunch (on your own)
1:00-2:00	The Child with Anxiety and OCD: <ul style="list-style-type: none"> <li>• Meeting the child where they are at</li> <li>• Adapting to the child's state</li> <li>• Movement and "being stuck in no"</li> <li>• Parent and child feedback</li> </ul>
2:00-2:45	CP-The Child with Limited Mobility: <ul style="list-style-type: none"> <li>• Pre-yoga positioning</li> <li>• Use of props for increasing range of motion and alignment</li> <li>• Breathing and progressive relaxation</li> <li>• Teen interview</li> </ul>
2:45-3:00	Break
3:00-4:30	<b>LAB: Adapting a Floor Practice to a Chair</b> When it is not possible to get down on a mat - learn a simple chair sequence to get the brain and body connected, alert and in an optimal state for function (with adaptations for different populations). <ul style="list-style-type: none"> <li>• Additional therapeutic challenges and yoga interventions</li> <li>• Questions and answers</li> <li>• Resources</li> </ul>

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*Please contact us with any special needs requests:  
[info@educationresourcesinc.com](mailto:info@educationresourcesinc.com) or 508-359-6533*

### Audience

The program is designed for all populations including students with multiple handicaps, developmental disabilities, and autistic spectrum disorders.

### Participant Requirements

Please wear comfortable clothing, suitable for movement. A yoga mat and light blanket is required for all attendees. For additional comfort, participants may want to bring a pillow for sitting on the floor.

### Locations and Dates

Oct 4-5

Bakersfield, CA

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\$445 fee. Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE. Please make check payable and return to: Education Resources, Inc. 266 Main St., Suite 12 • Medfield, MA 02052, 508-359-6533 or 800-487-6530 (outside MA) FAX 508-359-2959 • [www.educationresourcesinc.com](http://www.educationresourcesinc.com)  
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### Therapeutic Yoga/Buckley-Reen

☐ Oct/CA

#### Course Registration Form

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Please clearly print your email address for course confirmation

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