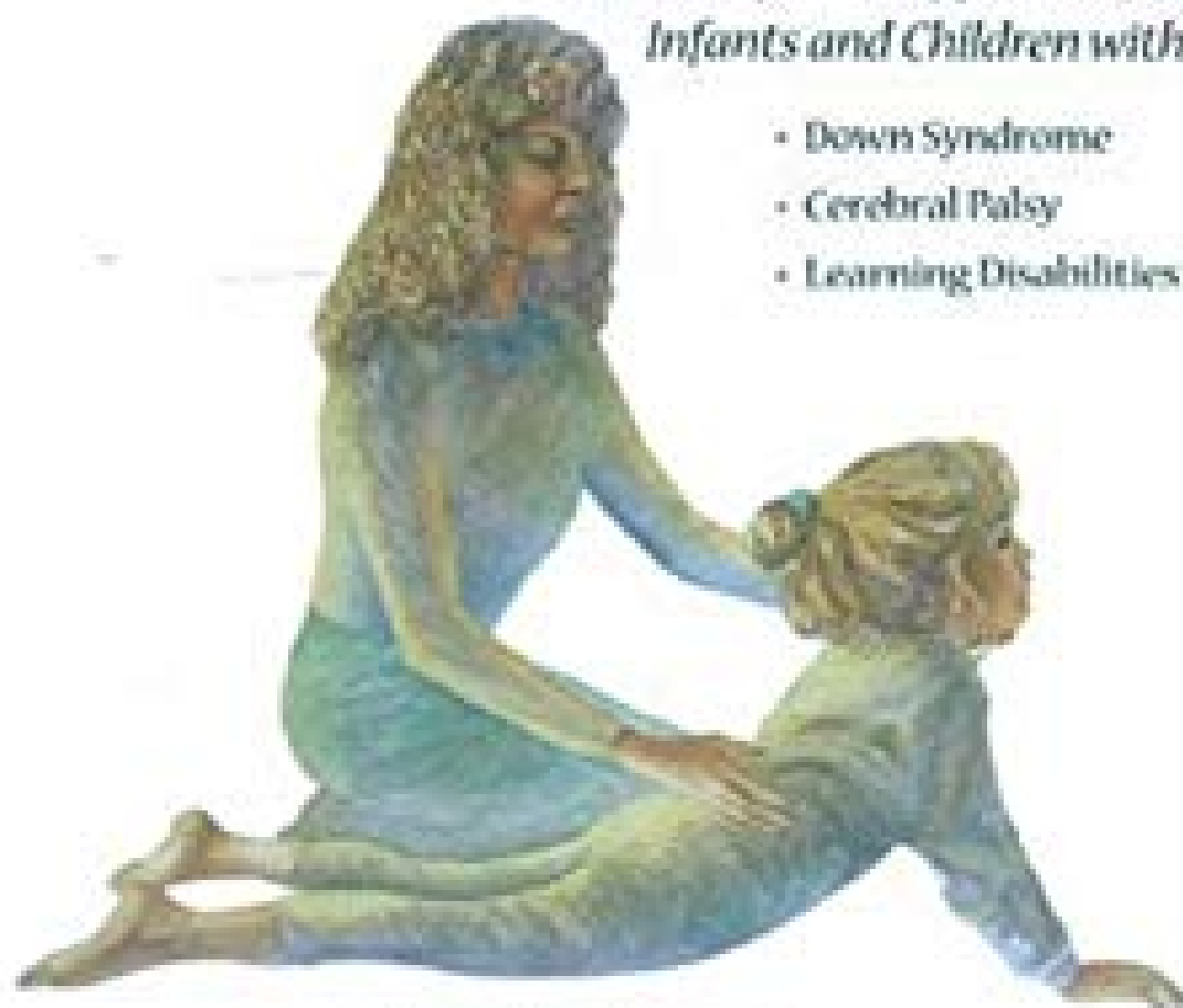


Yoga for the Special Child

*A Therapeutic Approach for
Infants and Children with*

- Down Syndrome
- Cerebral Palsy
- Learning Disabilities



Sonia Sumar

**Yoga for the Special Child: A Therapeutic Approach for
Infants and Children with Down Syndrome, Cerebral Palsy
and Learning Disabilities by Sonia Sumar (2007)**



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Excellent Book



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A wonderful way to teach your child self-calming! It is also a fun bonding encounter. I'm returning it because it doesn't meet my needs. This book provides clear visuals in addition to written directions on how to coax your child to engage in a variety of postures and breathing exercises, first passively, and in later stages, actively. I actually began the yoga with my son simply as he was beginning to fall asleep. Because the weeks have shifted, I have introduced some of the postures that require his active participation. She is an inspired instructor and she inspires others due to her warmth and compassion. While I came across myself raising my eyebrows at some of the claims of benefit enjoyed by severely disabled individuals in the writer's yoga college, I really do see where consistent usage of yoga can provide a child with the methods to self regulate hyperactivity and tics. I do recommend the book in that light, and I am grateful to have found it simply as I feared we would have to medicate for hyperactivity. As the mother of two males with autism, I am often on the lookout for applications that might lessen hyperactivity and tics. the photos are antiquated and older looking. Inspiring Journey of 1 woman and the power of yoga I actually am a Pediatric Occupational therapist and was interested in learning about how exactly to use yoga to greatly help special needs youngsters. I examine this book and then attended a training with the author and that began my journey into studying myself and how exactly to better help the students I am blessed to work with. Ms. Sumar is "True", no pretense, just one woman sharing her trip that is now helping a large number of people world wide. Yoga for the special child is the greatest therapy technique I think working with children with Unique Needs. I checked this from the library numerous instances before I decided we'd to have our very own copy. Very just, he loves the complete process---and yes, it can leave him a lot more relaxed. A genuine yogini, Ms. Should you choose have a yoga history then a lot of it is common sense on how best to stretch your child. Handy reference tool If you don't know anything about yoga or therapy, then this is a great book to access use with you kid who has a disability. Sumars reserve is really worth the investment and might just start you on a journey of self discovery.! Amazing value the book offers great value for moms with children having handicapped needs. She has such dedication and like for the children that you can see the healing come through the pages.! Stayed Up FOREVER! We couldn't put this publication down! I've actually read the previous editions and also have taken several Yoga exercise for the Special Kid Courses over the past a decade but I still couldn't stop reading. This new edition is indeed beautifully and obviously presented--it is a blessing and something special to the globe, as is it's writer Sonia Sumar. Read the book! Take the class! It will be one of the best decisions of your life :) Namaste! Book is great! The great thing about this book is that it offers specific exercises for each stage, so it is a handy reference device. This book

is now in the hands of a huge selection of needy here in my township and you will see ever growing fan golf club of Sonia Sumar. I love this book for my CP child. Not merely does it give great therapy techniques, but an inspirational story of appreciate and percervierience. She describes her strategy, that is to "start to see the kid as perfect and whole" and "hook up to them on a spiritual level" before getting into the Yoga. The book arrived in pristine condition. I would reccommend this reserve to any mother or father of a special needs child, irrespective of disability or age. ! Need more info ahead of purchasing! As a yoga student and instructor, I highly recommend this publication. Will end up being requesting a refund for certain Yoga For the Unique Child has helped for the reason that quest. Every SpEd teacher should very own a copy of this book Amazing guide to modifying yoga poses for kids with unique needs! They shipped me a returned book? This is a USED BOOK dedicated to a chld named Rebecca who had downs and DIED!! Five Stars Great book Wonderful story For anyone who knows a kid who requirements extra attention, this book provides a way to connect with movement. I finally possess something I can do with my child for a change! I had it shipped to a mom who isout of condition to read, and she was horrified! I wish I could view contents of this book or that there was a good description of its contents.



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