

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, Autism Spectrum Disorders and Learning Disabilities by Sumar, Sonia (2007) Paperback



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A wonderful way to instruct your child self-calming! As the mom of two boys with autism, I am always on the lookout for applications that might lessen hyperactivity and tics. Yoga For the Special Kid has helped in that quest. They shipped me a returned book? I actually began the yoga with my son just as he was starting to fall asleep. Because the weeks have shifted, I have introduced a few of the postures that require his active participation. Extremely basically, he loves the complete process---and yes, it can leave him a lot more relaxed. I love this publication for my CP boy. I do recommend the book for the reason that light, and We am grateful to have found it simply as I feared we would need to medicate for hyperactivity. It is also a fun bonding experience. I finally possess something I could do with my son for a change!

Inspiring Journey of 1 woman and the energy of yoga I actually am a Pediatric Occupational therapist and was interested in learning about how to use yoga to help special requirements youngsters. I go through this book and attended an exercise with the writer and that began my journey into studying myself and how to better help the learners I am blessed to work with. As a yoga pupil and teacher, I highly recommend this book. Yoga exercises for the special kid is THE best therapy technique I think dealing with children with Particular Needs. Sumar is "True", no pretense, just one single woman sharing her journey that is now helping a large number of people world wide. She describes her approach, that is to "start to see the child as perfect and entire" and "hook up to them on a spiritual level" before moving into the Yoga exercise. Sumar's book is really worth the investment and may just start you on a trip of self discovery. The book found its way to pristine condition. She actually is an inspired teacher and she inspires others due to her warmth and compassion. Handy reference tool If you don't know anything about yoga or therapy, then that is a great publication to access use with you kid who has a disability. Every SpEd teacher should personal a copy of the book Great guide to modifying yoga poses for kids with special needs! The best thing about this publication is that it offers specific exercises for every stage, so it's a handy reference tool. Amazing value the book has great value for mothers with children having handicapped needs. She has such dedication and like for the children that you can start to see the healing arrive through the web pages. This book is currently in the hands of a huge selection of needy within my township and there will be ever growing fan club of Sonia Sumar. Take the class! I couldn't put this reserve down! I've actually read the previous editions and have taken several Yoga exercises for the Special Child Courses over the past 10 years but I still couldn't stop reading. I got it delivered to a mom who is out of condition to read, and she was horrified! I would recommend this book to any mother or father of a particular needs child, no matter disability or age. Stayed Up All Night! It will be one of the best decisions you will ever have :) Namaste! Book is great!!! 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 use of yoga can provide a child with the means to self regulate hyperactivity and tics. Not only does it present great therapy techniques, but an inspirational tale of love and perseverance. I checked this from the library numerous moments before I decided we had to have our very own copy. A true yogini, Ms. Read the book! Five Stars Great book Wonderful story For anyone who knows a kid who requirements extra attention, this publication will provide a way to connect with movement. Ms.! I wish I could view contents of this reserve or that there was a good explanation of its contents. I'm returning it since it doesn't meet my needs. Should you choose have a yoga history a lot of it's quite common sense on how best to stretch your son or daughter. This book provides clear visuals as well as written directions on how best to coax your child to activate in various postures and breathing exercises, first passively, and in later stages, actively. This is a USED BOOK focused on a child named Rebecca who had downs and DIED!! Need more info prior to purchasing! the images are antiquated and aged looking. This new edition is so beautifully and clearly presented--it is certainly a blessing and a gift to the world, as is it's writer Sonia Sumar. Will become requesting a refund for certain



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