

# YOGA FOR SPECIAL KIDS

A joint program by **SPEECH PATHways & Yoga Me a Story**

## What is Yoga?

Through a partnership with SPEECH PATHways (pediatric speech-language pathology practice) and Yoga Me a Story (a children's yoga class led by Gail Keil), we offer the benefits of yoga to children who have special needs.

- Group sessions with peers
- Individual sessions
- Co-treatments with speech therapy
- Parent-child classes
- All ages

## The Benefits of Yoga for Special Kids

- Increases cognitive learning
- Provides socialization
- Builds confidence
- Improves motor planning skills
- Helps ease emotional issues
- Decreases tactile defensiveness
- Improves sensory regulation
- Yoga postures can be combined with specific breathing patterns and postures to increase respiratory support needed for vocalization and speech.
- Yoga sessions can be conducted along with your speech-language pathologist when deemed appropriate to facilitate speech production.

## Goals of Yoga for Special Kids

- Exercise of the respiratory system/breath support (essential for speech production)
- Postural support and stability
- Body alignment
- Balance
- Flexibility
- Improving low tone
- Decreasing high tone
- Muscle lengthening
- Relaxation

## Location/Start Date

Classes are forming now to start October 13<sup>th</sup>: Preschool-age at 11am on Tuesdays and School-Age at 5pm on Tuesdays. Additional classes/days may be formed upon request. Classes will be held at the in the KIDZ PATHways Suite (#306) of SPEECH PATHways, Westminster Professional Center, 532 Baltimore Blvd., Westminster, MD.

## Registration

To schedule a class or for more information contact Gail Keil, Certified Children's Yoga Instructor, at Yoga Me a Story: 410-861-5190 or [gailkeil@yahoo.com](mailto:gailkeil@yahoo.com).

