

SUMMER YOGA FOR SPECIAL KIDS

A joint program by
SPEECH PATHways & Movement with Passéibilities

What is Yoga?

Through a partnership with SPEECH PATHways (pediatric speech-language pathology practice) and Movement with Passéibilities (a movement therapy practice), we offer the benefits of yoga to children who have special needs.

- Group sessions with peers or siblings
- Individual sessions
- Co-treatments with speech therapy
- 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

The location will be determined based on class size but will be in the Westminster area.

Cost/Times

- Group Class \$40 per child (sibling can be added at \$20) per 50-minute class.
- Individual Session \$60 (parent & child) per 50-minute class.
- Classes meet weekly throughout the summer on Wednesdays starting on June 27th and ending on August 7th.
- Morning and afternoon classes available.



Registration

To schedule a class or for more information contact Connie Berlin, Registered Movement Therapist & Certified Yoga Instructor, at Movement with Passéibilities: 301.668.0369 or conberlin@comcast.net.

About SPEECH PATHways

SPEECH PATHways is the only comprehensive pediatric speech-language pathology clinic in Carroll County, Maryland, offering services since 1999. Owner Kimberly A. Bell, M.S., CCC-SLP, has been a speech and language pathologist for over ten years. She and her associates offer a wide variety of specialized pediatric programs in addition to traditional speech and language services. Each SPEECH PATHways therapist holds a master's degree and a Certificate of Clinical Competence from the American Speech-Language-Hearing Association; each is also trained or certified in various specialty treatments and techniques. SPEECH PATHways strives to be on the cutting edge of pediatric intervention. Because of the specialty services offered, clients travel from Pennsylvania, Virginia, West Virginia and the Washington, DC, area to the SPEECH PATHways clinic.