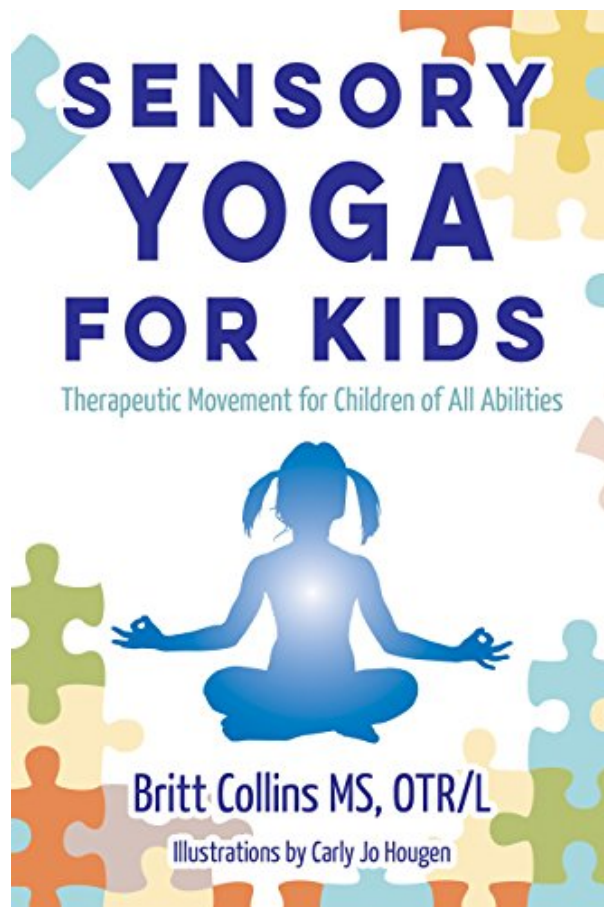
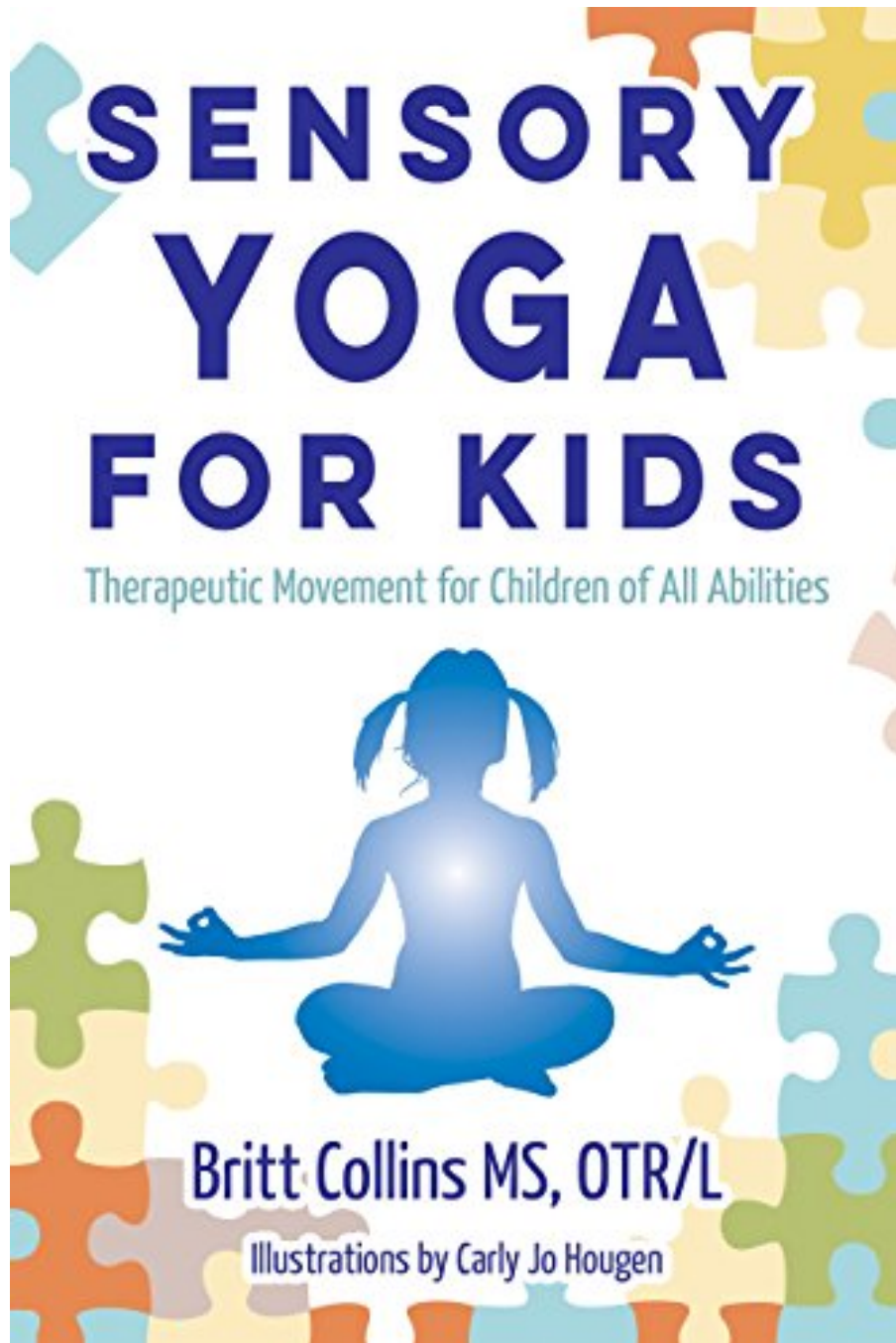


# **SENSORY YOGA FOR KIDS: THERAPEUTIC MOVEMENT FOR CHILDREN OF ALL ABILITIES BY BRITT COLLINS**



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**Sensory Yoga For Kids: Therapeutic Movement For Children Of All Abilities By Britt Collins.** Is this your downtime? What will you do then? Having extra or cost-free time is very amazing. You can do everything without force. Well, we intend you to spare you few time to review this e-book Sensory Yoga For Kids: Therapeutic Movement For Children Of All Abilities By Britt Collins This is a god book to accompany you in this leisure time. You will not be so hard to know something from this publication Sensory Yoga For Kids: Therapeutic Movement For Children Of All Abilities By Britt Collins A lot more, it will certainly help you to obtain better info and encounter. Even you are having the terrific works, reading this e-book Sensory Yoga For Kids: Therapeutic Movement For Children Of All Abilities By Britt Collins will not include your mind.

## Review

Sensory Yoga for Kids is an excellent resource that will help all who are trying to make the lives of children better now and for the future." - Friendshipcircle.org, 5 Books for Those Supporting Individuals with Autism and Sensory Issues "Sensory Yoga for Kids offers suggestions for bringing calm and movement to children with SEN. It has chapters for different common disabilities with ideas to support the child to access yoga." - Sensory Integration Network

## From the Author

We all know that our bodies need movement in order to learn and regulate our nervous system. Many of us as adults participate in some sort of exercise during our weekly activities to help us feel good. Research shows that it is healthy for our hearts, minds and bodies to get exercise several times a week.

We also know that the use of calming strategies help us when we are stressed.

I am a pediatric Occupational Therapist who loves working with children and I find that activities like yoga are greatly beneficial to all of the children that I work with, no matter what their abilities or disabilities are.

Now why do we think Yoga could be beneficial for us and our children? Well, it offers movement, strengthening, breathing and more. Children need this type of stimulation and thrive under it.

In this book I will take you through the journey of understanding sensory processing, how it affects regulation, how yoga helps with sensory regulation as well as learning how to adapt yoga to meet your child's specific needs.

## About the Author

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This book shows how to use yoga to bring calm and focus (and exercise!) to kids with special needs. Childhood is a time filled with new motor challenges and hurdles; and this is doubly true for kids with autism and other special needs. The motor challenges kids face require strength, coordination, and the ability to focus and attend.

Yoga can help kids with these challenges as it can strengthen their bodies while calming. This book demonstrates how to get kids started with the discipline that so many of us use in our daily lives. Occupational therapist Britt Collins tells how to use yoga to support special needs, increasing body awareness and fine tune coordination skills.

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- Published on: 2015-12-01
- Released on: 2015-12-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .40" w x 6.00" l, .0 pounds
- Binding: Paperback
- 200 pages

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#### Most helpful customer reviews

3 of 3 people found the following review helpful.

This book is written in parent friendly language with easy to understand illustrations

By Matt Mauro

Britt is an exceptional therapist and her dedication to children with special needs pours out into this book. This book is written in parent friendly language with easy to understand illustrations. A therapist myself, the book makes yoga exciting and fun and my students love this intervention. Britt's sensory processing expertise helps parents and therapists alike learn and understand the benefits yoga has on children's bodies. If you are a therapist or a parent looking for an easy to understand sensory yoga book, I encourage you to buy this!

0 of 0 people found the following review helpful.

LOVE THE ILLUSTRATOR, CARLY JO!

By Amanda

This book is a MUST HAVE for any daycare provider/parent/teacher! The artist, Carly Jo Hougen, provides STUNNING images of different yoga poses! Easy to read and implement, and because of the brilliantly crafted illustrations, my students/son LOVE looking at the book as well! I hope that Carly Jo will create more children's books, her style/artistry is unprecedented! Nicely written by Dr. Collins! Thanks!

3 of 3 people found the following review helpful.

Five Stars

By Amazon Customer

Love this book. So helpful and easy to understand. I'm sharing it with my daughter next!

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