

YOGA WITH CHILDREN AND OCCUPATIONAL THERAPY

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APPLICABILITY

Effective therapeutic intervention across a variety of diagnoses and populations

- Autism Spectrum Disorder
- Children with attentional deficits
- Children with pulmonary deficits (eg. Asthma)

MOVEMENT-BASED INTERVENTIONS

Supplementary to intensive, sedentary treatment which leave children unengaged

- Increases attentional focus
- Promotes on-task behavior at home and during in-class activities
- Improves dual-task activities (motor and social components)

VARIATION

Different types and focus points that can be changed based upon the clients needs

- Easily modified based on ability and interest of patient
- Many different types of yoga, leading to an array of poses and focus points



OVERLAP BETWEEN YOGA AND OT

- Modifiable
- Based in anatomy and kinesiology
- Holistic approach to health
- Emphasis on bodily awareness and bodily control (autonomy & independence)

