

YOGA WITH CHILDREN AND OCCUPATIONAL THERAPY

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ACCESSIBILITY

DIVERSE ARRAY OF RESOURCES INVOLVED OUTSIDE OF AN OT CLINIC

- ONLINE CLASSES
- YOGA STUDIOS
- OUTDOOR SESSIONS
- TRAVELING INSTRUCTORS

SELF-REGULATION

CHILDREN LEARN TO BECOME MORE SELF-AWARE OF THEIR OWN BODIES. DIFFERENT POSES TEACH KIDS HOW TO BE STILL AND CALM

BEHAVIORAL TREATMENT

OCCUPATIONAL THERAPY HELPS CHILDREN ORGANIZE SENSORY SYSTEMS AND SIMILARLY YOGA TEACHES CALMING TECHNIQUES, INCREASES BALANCE, AND MORE. THE TWO DISCIPLINES CAN WORK TOGETHER TO CREATE AN IMPROVED OVERALL WELL-BEING



Positive Vibes Only