

## Ancient Yoga for Special Need Children

Written by ADMMHSE

Monday, 16 November 2009 16:50 -

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### ANCIENT YOGA FOR CHILDREN WITH SPECIAL NEEDS

Ancient Yoga for Special Children is a unique opportunity for learning and healing. It features a system of gentle and nurturing physical, mental and energetic movements. These movements stimulate and strengthen a child, enhancing the connection between the mind and the body. Each child can participate according to his individual and developmental needs. It is a non-verbal language that improves health, perceptual abilities, moods and energy.

Ancient Yoga is fun for children! Children love to do yoga because it's a chance to be playful, a child's natural state, and this activates a child's inherent wisdom, flexible action and creativity. As a child learn yoga, his/her will increase perceptual abilities and help to build her relationship with themselves and strengthen the connection between child, parents and the world.

What does this mean to your childrens? Ancient Yoga supports a childrens growth in many ways:

- ? Improve capability to focus and use essential thinking skills
- ? Self-regulation of stress and emotions
- ? Awareness of their self and others
- ? Movements stimulate and strengthen muscular system
- ? Activates a child's inherent wisdom, flexible action and creativity
- ? Creates organization and integration
- ? Reduce sensitivity to stimuli and reduces hyperactivity
- ? Improve Motor Coordination
- ? Enhance the connection between mind and body
- ? Increase perceptual skills

Ancient Yoga for Special Children (AYSC) is now offered in two ways. Traditionally, yoga is offered in individualized, one-to-one yoga sessions for children with developmental and learning disabilities, or other physical or emotional challenges. Now we are offering Mini-classes with 3 - 4 children with and without disabilities in a small class format at one-third the price as individual therapy!

AYSC has been used successfully to help children with Attention Deficit Disorder, Autism spectrum disorders, Cerebral Palsy, Down's syndrome, and learning disabilities. Reasonable and Special Fees Applicable at AYSC.

#### Other General Information

No duration limits but we recommend the following:

Duration : 6 or 12 Months or 1, 2, 3 years

Minimum students per class : 35

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### Payment

Fees Registration : RM CALL US (Including Yoga Mat with Pocket)

Monthly Fees : RM CALL US (Including all notes)