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Asanas for Autism and Special Needs: Yoga to Help Children with their Emotions, Self-Regulation and Body Awareness

Shawnee Thornton Hardy

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Teaching yoga to children with Autism Spectrum Disorder and other special needs is easy using this visual how-to handbook.

Breaking down yoga instruction pose by pose, body part by body part, breath by breath, this book uses easy-to-understand language and clear photographs to show parents, teachers, yoga instructors, and other professionals how to introduce the life-long benefits of yoga to a child with special needs. These benefits include gaining greater awareness and understanding of the body, learning to self-regulate the nervous system, and developing coping skills to work through difficult emotions such as anger and anxiety. Creative yoga games, activities, relaxation exercises, and chair yoga poses are included to make learning yoga a fun, interactive, and calming experience for children with a wide range of abilities.

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