

# Yoga Therapy Workshop for Parents of Children with ASD



**Monday 15th January 2018, 10am to 2pm**

**Northchurch Community Centre, Bell Lane, Northchurch, HP4 3TS**

**DSPL8 is funding a workshop run by Nicole Zimbler of Yoga for Autism (Yo'tism)**

For a child dealing with symptoms whether mild or severe, yoga can act as a way of balancing, regulating and coping better.

Yoga introduces a deep sense of body awareness, mindfulness, motor-neurone organisation and can gently reset the nervous system to create a shift from 'survival' mode to a feeling of internal safety and coping. The sensory system is given space to process, the muscles slowly come out of a contracted state, and attention is brought more to the quiet self.

In this 4 hour workshop you will learn the basics of how to apply a specific neuro-sensory yoga method with your child. Yoga has been scientifically proven to directly target and treat the nervous system with profound effects.

We will cover:

- A simple structured sequence
- Breathing techniques and how to apply
- The basic neuro-science that goes behind this
- Relaxation techniques and how to apply
- Mindfulness techniques and how to apply
- How to use yoga as a quick therapeutic sensory/movement break at home and a few short sequences for different times of the day. (morning, transitions, home from school, bedtime)
- Ways to individualise what we learn to meet your child's direct needs.

This will be a basic introduction to all topics mentioned, which can be followed up with further detailed workshops and input if desired. No yoga experience is necessary, no specific flexibility or fitness needed. Just your lovely selves and an interest to learn.

**Please note that this course is only open to Dacorum parents/carers. Lunch is not provided, please bring your own packed lunch.**

**To book a place please email Ashley Fabray, DSPL Administrator**

**[fabraya@kls.herts.sch.uk](mailto:fabraya@kls.herts.sch.uk) or call 07525 917 125.**