

Kathee Cammisa - Yoga for Kids to Improve Sensory, Self-Regulation and Physical Skills

Faculty:

Kathee Cammisa

Duration:

6 Hours 7 Minutes

Format:

Audio and Video

Copyright:

Apr 27, 2016

Description

- *Techniques to build body and self-awareness and instantly move kids from chaos to calm*
- *Partner poses and games to teach cooperation*
- *Activities to engage and empower children with behavior and emotional disorders*
- *Fun postures for stretching tight muscles and strengthening weak muscles*
- *Strategies to facilitate listening, focus and self-regulation*

In this seminar you will discover the powerful and positive impact yoga can have on the kids you work with who face challenges with sensory processing, motor incoordination, neurological disorders, ASD, ADHD, emotional/behavioral problems and learning disorders.

You will walk away with interactive and hands on yoga practices to enhance:

- Motor skills
- Body and self-awareness
- Muscle length and strength
- Nervous system regulation
- Focus for learning
- Cooperation with others

Through exercises, case studies and videos — you will leave equipped to improve physical, sensory and self-regulation skills with the kids you work with in therapy and the classroom!

Handouts

	Manual (1.84 MB)	57 Pages	Available after Purchase
--	------------------	----------	--------------------------

Outline

OVERVIEW

- Components of a well-rounded yoga practice
- Goals that can be met using yoga techniques
- Current research
- *LAB: Alignment, warm up & basic poses*

YOGA FOR SPECIAL NEEDS: CEREBRAL PALSY & INCREASED TONE

- Breathing exercises: Kapalabhatti
- Elongate flexors/adductors: Bow, butterfly
- Stretch hamstrings: Down dog, dolphin
- Facilitate rotation
- Relaxation: Complete breath, diaphragmatic
- Meditation: Around the clock
- *LAB: Practice techniques*

YOGA FOR DOWNS SYNDROME & LOW TONE

- Breathing to invigorate: Joyful breath & more
- Body awareness: Body painting, brushing
- Promote core strength & stability
- Relaxation: Sighing breath
- Meditation: Eye exercises
- *LAB: Practice techniques*

YOGA FOR ATTENTION DEFICIT DISORDER

- Breathing exercises
- Centering exercise: Shake, freeze, melt
- Facilitate focus, balance & core strength: Tree, crow, firefly
- Relaxation: 2:1 breathing, body scan & more
- Meditation: Alternate nostril breathing, color meditation & more
- *LAB: Practice techniques*

YOGA FOR DEVELOPMENTAL COORDINATION DISORDER

- Breathing exercises: Sitali/sitkari
- Promote motor planning: Sun salutations & other sequences, down dog variations

- Relaxation: Tense & relax
- *LAB: Practice techniques for body awareness and motor planning*

YOGA FOR CHILDREN WITH AUTISM SPECTRUM DISORDER

- Breathing exercises: Breath sounds, Abdominal breath with weight
 - Calm & relax the nervous system: Child's pose & other inversions
 - Work with others: Partner poses
 - Meditation: Chime
 - *LAB: Experience to practice techniques*

YOGA FOR BEHAVIOR AND EMOTIONAL PROBLEMS

- Addressing resistance
- Precautions for dealing with childhood trauma, abuse and neglect

YOGA GAMES

- Body awareness
- Creativity
- Gratitude
- Trust and cooperation
- Quiet games
- Listening and focus
- Partner poses
- *LAB: practice techniques*

ADAPT YOGA FOR DIFFERENT AGE GROUPS

- Infants
- Toddlers & preschoolers
- School age

Faculty

Kathee Cammisa, MHE, OTR/L Related seminars and products: 4

Kathryne (Kathee) Cammisa, MHE, OTR/L, is an SI/NDT certified occupational therapist, American Council on Exercise certified personal trainer, Pranakriya certified yoga therapist, Radiant Child/Family 200 hour certified yoga teacher and Mindful Schools certified mindfulness teacher. Kathee has over 25 years of experience working with children with special needs in home, school, child care and clinic settings. She works with children and their families through her private practice and at Children's Place, a therapeutic child care center. Kathee has extensive teaching experience throughout the

country, with Georgia State’s Project SCEIS, and the Medical College of Georgia where she served as assistant professor of occupational therapy. She has been published by the *American Journal of Occupational Therapy* and *Occupational Therapy in Mental* and has taken yoga and occupational therapy to children in China, Vietnam, Costa Rica and Ghana.

Speaker Disclosures:

Financial: Kathryne Cammisa maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Kathryne Cammisa has no relevant non-financial relationships to disclosure.

Proof Content

	Handouts			1.8 MB
	1. Yoga for Kids to Improve Sensory, Self-R...mp4			3.3 GB