

The benefits of Yoga

Questions for the centre:

- How many participants will there be, will it be one on one?
- What can we do to make them enjoy their time and what signs do they show?
- What things that we do can easily make the participants uncomfortable?
- What can we do to make the participants more comfortable?
- Is there ever a preference from participants about whether they have to work with their own gender?
- Are there any suggestions on how we should approach them in order to communicate with them better?
- How can we make them feel more comfortable, or at ease?
- What is their first language?
- What is the most common effect seen in participants after they have done the yoga program for a while?
- How do we help make the participants feel welcome?
- What are the general, main considerations we have to make
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- What is the range of their age?
- Are there any practices, that worked well before?
- How long have you been practicing yoga for?

Physical Benefits:

- increased flexibility

- increased muscle strength and tone
- improved respiration, energy and vitality
- maintaining a balanced metabolism
- weight reduction
- cardio and circulatory health
- improved athletic performance
- protection from injury
- Improves your immune system functionally

Mental Benefits:

- Increased focus and attention in those with learning difficulties
 - Calms anxiety
 - Increases self-esteem/confidence
 - Improved balance
 - Good for mental health and reflection
 - Reduces stress
 - Becoming more mindful
 - Improving balance
 - Increasing happiness
 - Better breathing
 - It can help you eat better
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- It Seriously Slashes Stress
 - It Encourages Body Positivity
 - Relieves anxiety

- Helps relieve stress
- Relieve anxiety
- Improves mobility
- It moves you from the sympathetic nervous system to the parasympathetic nervous system (makes you less agitated and more relaxed)
- It allows you to connect with people around you
- Reduce chronic pain
- Promote sleep quality

Down syndrome (DS or DNS), also known as trisomy 21, is a genetic disorder caused by the presence of all or part of a third copy of chromosome 21.-

- Growth delay, intellectual disabilities.
- One of the common characteristics of Down Syndrome is hypotonia, yoga helps stretch, tone and strengthen muscles throughout the body
- Improved coping
- It's a physical activity that can be modified easily to suit the needs of a person with down syndrome
- For those with down syndrome, yoga helps the mind concentrate and helps the mind strengthen memory skills
- Yoga poses may also help internal organs and rejuvenate the endocrine glands. Simple breathing exercises may help calm and restore the nervous system. For children with Down syndrome, yoga helps bring body awareness and increases concentration and memory skills.
- People with down syndrome are advised not to take part in high impact activities so yoga is a safer and lower intensity exercise

Autism Spectrum Disorder (ASD)

- Individuals with ASD often face heightened levels of anxiety, sensitivity to the environment around them, challenges with communication and social relationships, and difficulty with self-regulation
- Yoga has been found to reduce pain, obsessive behaviours, aggression and anxiety for the autistic and increases a greater sense of peace
- Some traits to be aware of people who have Down syndrome- may be that they fixate on things, organizing, collecting, arranging items, etc. , Self-talk, Have difficulty processing or responding quickly
- Those on the autism spectrum are in a constant state of fight or flight, in the sympathetic nervous system that regulates the body's unconscious actions. This unconscious function diverts the blood from digestive organs to skeletal muscles to primarily help the body. If someone is stuck in this function the activity in digestive organs is reduced and can result in increased heart rate creating shallower breathing. All of these factor into heightened anxiety. Yoga moves the body to be more aware and move into the parasympathetic nervous system which is also called the rest and digest phase. This is essentially the opposite.
- Yoga allows people with autism who may be very frustrated to 'let go' and release their tension
- Yoga can improve sleep patterns (a challenge that those with ASD face is irregular sleep)
- Yoga can help strengthen the immune system
- Yoga poses and breathing exercises help with sensory integration
- yoga can help with related symptoms of autism like depression, seizures, insomnia, and trouble focusing.

