



## BRINGING YOGA TO CHILDREN WITH ADDITIONAL NEEDS

### WHAT IS YOGA FOR ADDITIONAL NEEDS?

Inclusive yoga. The children are absolutely able to be themselves.  
The session is for them. With no expectations.  
Meeting each individual where they are at.

Yoga can help young people reach their potential. I offer yoga for people with a variety of additional needs & vulnerabilities, including:

- ASD
- ADHD
- Cerebral Palsy
- Down's Syndrome
- Learning disabilities
- PMLD
- Sensory difficulties
- Complex needs
- Anxiety
- OCD
- Other physical/mental/behavioural challenges



*"Yoga with Debs was miraculous for my children. One was very dysregulated beforehand and the yoga gave him the sensory input he needed and also really helped him emotionally - it was the calmest I'd seen him all week."*



## Who am I?

My teaching journey started with children's yoga. Having always loved working with children and holding a firm belief in making things better and easier for them, it seemed natural to combine my two passions – yoga and children. I teach all age groups, teaching from the heart, meeting each child where they are at.

## What I offer:

- 1:1 sessions & family sessions
- Inclusive yoga in mainstream & SEND educational settings
- 6 week Yoga, Movement & Sensory Balancing Course
- Inclusive yoga session at SNAPS, Sunshine & Smiles, Mencap & Little Hiccups

## The benefits can include:

- Improved motor control & planning skills
- Developing physical strength, muscle tone & balance
- Promoting flexibility & correct postural misalignment
- Increased self-awareness
- Establishing calm, organised mental states
- Improved concentration
- Reduced hyperactivity
- Developing the ability to relax

*"My 4-year-old son & I had the most wonderful time at yoga with Debs. The session was fun & engaging.*

*We continue to use some of the calming techniques shown in day to day life with great effect."*



**Please contact me to discuss your child's needs.**

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