

URBANYOGA

SPECIAL NEEDS PROGRAM



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The Peoples Practice™

The People's Practice™ is an integration of Kemetic and Hatha with Tao healing arts. Ancient methods employing breath, sound and movement to still the mind and liberate the body. Connecting and flowing through this practice of mindful movement based on the foundations of geometric progression and remember your indigenous nature within.

The People's Practice™ develops attention to individual needs while encouraging the support of a holistic community.



SPECIAL NEEDS

Special needs experts agree that yoga activities make a positive impact on individuals with special needs. Yoga is often a slow and meditative process, which helps these individuals slow down while increasing attention and focus. Yoga is empowering because it meets the individuals at their current level of functioning and moving towards achievable goals.

USING MINDFULNESS YOGA TO PROMOTE WELLNESS AND IMPROVE FUNCTIONING EVEN OUTSIDE THE CLASSROOM.

THE PROGRAM

- An accessible program designed to meet each person exactly where he or she is
- Movement, held poses and simple breathing exercises
- Quiet music to relax, but minimize sensory overload
- Decreasing participant stress levels and improving well-being with mindful movement.
- Creative yoga postures combined with meditation, relaxation, breathing exercises.

BENEFITS

- Decrease anxiety and depression
- Increase relaxation
- Improve sleep
- Support healthy digestion
- Support healthy respiration
- Reduce muscle tension
- Reduce fatigue
- Support positive behavior
- Support sensory integration
- Support language and communication
- Support motor coordination
- Improve fine/gross motor skills
- Improve circulation
- Improve mood