



Sensory Yoga for Kids: Therapeutic Movement for Children of all Abilities

Britt Collins

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This book shows how to use yoga to bring calm and focus (and exercise!) to kids with special needs. Childhood is a time filled with new motor challenges and hurdles; and this is doubly true for kids with autism and other special needs. The motor challenges kids face require strength, coordination, and the ability to focus and attend.

Yoga can help kids with these challenges as it can strengthen their bodies while calming. This book demonstrates how to get kids started with the discipline that so many of us use in our daily lives.

Occupational therapist Britt Collins tells how to use yoga to support special needs, increasing body awareness and fine tune coordination skills.

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