

## Faculty

Anne Buckley-Reen, OTR/L, RYT has been a practicing pediatric therapist for 30+ years and a pioneer in the use of yoga as a therapeutic modality for the past 18 years. Her work with yoga has been researched, published and cited in numerous journal articles and is the foundation for a researched preparatory program widely used in NYC schools-special needs classrooms as well as in programs around the world.

Anne brings a wealth of treatment options to pediatric therapy through yoga and demonstrates how to facilitate growth even in the most challenging cases. Join us to experience the wealth of expertise, knowledge and sharing Anne provides in this highly popular course.

**Location - Suma Kids, Inc., 1190 Burnett Avenue, Suite D, Concord, CA**

**Cancellation Policy:** Learners may cancel up to 14 days prior to the course start date. Refunds will not be issued after the cancellation date. If you wish to cancel, please provide us with a written request via email or a letter mailed to Coast Allied Health, PO Box, 4037, San Luis Obispo, CA, 93403. Cancellations will be refunded minus a processing fee of \$75.

Please contact us for more information.

\*Coast Allied Health Consulting and Education reserves the right to cancel a course at any time. We are not responsible for any expenses incurred by the learner except for course tuition reimbursement. Once a course is in progress, no refunds will be issued, we apologize for any inconvenience.

## Course Date & Location

September 28-29, 2018  
Concord, CA

## Registration Information

*Early Registration Fee - \$300, Full Registration Fee - \$375 after September 1, 2018*

*Please visit [www.coastalliedhealth.com](http://www.coastalliedhealth.com) or call (805) 996-0899 to register.*

### Course Credits

Each participant will receive a certificate of completion for 12 contact hours / 1.2 AOTA CEUs.



The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

### Participant Requirements

Please wear comfortable clothing, suitable for movement. A yoga mat and light blanket is required for all attendees. For additional comfort, participants may want to bring a pillow for sitting on the floor. Chairs will be provided for all participants.

## Therapeutic Yoga For The Child With Developmental Challenges

presented by  
Anne Buckley-Reen  
OTR/L, RYT  
September 28-29, 2018  
Concord, CA



sponsored by:

**Coast Allied Health Consulting & Education, Inc.**



**[www.coastalliedhealth.com](http://www.coastalliedhealth.com)**  
**(805) 996-0899**

## Course Description

This DYNAMIC workshop shares clinically tested individual yoga therapy protocols as well as the therapeutic use of specific yoga modalities and modifications for children of all ages. This program highlights the use of YOGA therapy for INDIVIDUAL treatment sessions and strategies for even your most challenging clients. Through experiential labs, participants will focus on the physical, regulatory, physiological, sensory-motor and emotional benefits of specific therapeutic yoga postures, breath-work and relaxation techniques. Breath and sound and relaxation exercises to enhance regulation, endurance and organization will be highlighted. Clinical care analysis will demonstrate the therapeutic benefits of each sequence with children challenged by: self-regulatory issues, Autism, Anxiety -OCD, ADD, Learning Disabilities, Sensory Motor Immaturity– Motor Planning/Executive Functioning Issues, Cerebral Palsy, Degenerative Neuromuscular Conditions.

## Course Objectives

1. Become familiar with tested therapeutic sensory motor based yoga sequences to address a variety of developmental challenges including Autism, Anxiety, central attention, sensory –motor processing, endurance, motor skills organization and executive function.
2. Create a therapeutic environment that will calm even the most anxious child and experience a series of clinically tested 5-part yoga sequences with individualized modifications for specific challenges and a wide range of therapeutic benefit.
3. Enhance self regulation, self awareness, and self control through timing, sequencing and repetition of yoga postures.
4. Address neurological immaturity and facilitate body awareness, motor planning and motor skills through a developmentally choreographed yoga practice.

\*Please visit [www.coastalliedhealth.com](http://www.coastalliedhealth.com) for a complete list of course objectives.

\*Recommended reading - *Yoga for the Special Child* by Sonia Sumar.

## Schedule Day One

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| 8:00  | Registration/Continental Breakfast  |
| 8:30  | Morning Yoga Practice (lab)<br>Reflections  |
| 10:00 | Yoga Program Overview and Goals:<br>Setting up the Environment Starting Points  |
| 10:15 | Break   |
| 10:30 | Yoga Breath Work: <ul style="list-style-type: none"> <li>• 5 Basic Yoga Breathing Exercises for Specific Goals</li> <li>• Postures</li> <li>• Supports and Positioning</li> <li>• Common Breathing Styles and Interventions</li> <li>• Entrainment and Sound to Support Breath</li> <li>• Rhythm Breath for Regulation, Endurance, Organization, Alertness, Energy and Calming</li> </ul> |
| 11:30 | Yoga Eye Exercises: Ocular-Motor Strategies to Promote Visual Attention, Ocular Motor Control and Visual Vestibular Organization, Levels 1-4  |
| 12:00 | Lunch (on your own)   |
| 1:00  | (Individual) Therapeutic Yoga for Moderate -Severe ASD/Case Studies (2) <ul style="list-style-type: none"> <li>• The Sequence-Rationale for Specific Postures</li> <li>• The Environment</li> <li>• Use of Visual cards</li> <li>• Pacing the Sequence</li> <li>• Facilitating Circles of Communication</li> </ul>  |
| 2:00  | Break   |
| 2:15  | Yoga Postures: Practice Lab Followed by Analysis of Specific Postures and Physiological and Therapeutic Benefits.   |
| 3:15  | Deep Relaxation: Hands on and OFF/<br>Therapeutic Benefits  |
| 3:45  | Wrap up, Q & A  |

## Schedule Day Two

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| 8:00  | Continental Breakfast<br>Case Studies/Lab (all case studies include practice lab and sequence analysis)  |
| 8:30  | The Child with Self Regulatory Challenges: A Developmentally Graded Sequence, Postures to Calm and Organize, Shifting Negative Emotional States with Breath, Addressing the Biochemistry of Reactive Behaviors with Yoga |
| 9:30  | The Disorganized Learning Disabled Child: Hypotonia, Incoordination and Moderate Learning Disabilities, Parent/Teacher Feedback  |
| 10:30 | Break  |
| 10:45 | The Child with a Progressive Neuromuscular Disorder: Lab and Parent Interview, Impact on Immune Function, Emotional Resilience, Motor Control, Parent and Child Interview  |
| 12:00 | Lunch  |
| 1:00  | The Child with Anxiety and OCD: Adapting the Child's State, Movement and Being Stuck in "No", Parent and Child Feedback  |
| 2:00  | The Child with Limited Mobility: Restorative Yoga, Pre Yoga Positioning Use of Props for Increasing ROM and Alignment, Teen Interview  |
| 3:00  | Adapting a Floor Practice to a Chair (Lab): Learning a Chair Sequence for Body and Brain Connection  |
| 3:45  | Wrap Up, Q & A, Resources  |