

Access and Inclusion Centre
Queen Elizabeth II Jubilee
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Teaching Special Yoga to Children with Autism/ADHD



Training led by Dhara Nortcliffe
and Rani Arduino.

Target Audience: SENDCOs, teachers, LSAs, TAs, parents, OTs and Paediatric Health Professionals.

28th June 2018 9:00-16:00 at Queen Elizabeth Jubilee II

An experiential day, exploring the benefits and delivery of the adaptation of classical yoga for children with Autism and ADHD. Participants experience the practices themselves and then learn how to adapt the practice to share with children.

This training will look at how and why Special Yoga benefits health and wellbeing, improved digestion, enhance metabolism and elimination, in addition to enhancing immune function. It also explores methods of using yoga as a sensory diet.

Cost:

- **£90** for Westminster, Kensington and Chelsea and Hammersmith & Fulham state-funded schools and settings
- **£110** for out of borough and independent schools and settings.

Online payment only

For more information please contact Luciano Pina Tel: 020 7641 5825

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