



BENEFITS OF YOGA FOR OUR FRIENDS WITH DIFFERENT ABILITIES

Yoga is more than just physical movement—it's a holistic practice that nurtures mind, body, and spirit.

What Is It?

At the heart of our teaching is Hatha Yoga which works on a structural level to:

- Improve posture and mobility by aligning the spine
- Enhance muscle strength and flexibility

- Support internal organ function and detoxification
- Balance the nervous and endocrine systems
- Encourage mental clarity and emotional well-being

Attention Deficit Disorder (ADHD)

Children with ADHD often face challenges with impulse control, focus, and emotional regulation. Research shows yoga helps by:

- Enhancing executive function (cognitive flexibility, attention span, impulse control)
- Regulating the nervous system to reduce hyperactivity
- Boosting emotional resilience through breathing exercises and mindfulness.

Autism Spectrum (ASD)

Yoga provides a structured yet adaptable approach for children with autism:

- Encourages sensory integration to reduce overstimulation
- Strengthens social connection through group movement and relaxation techniques
- Reduces anxiety and repetitive behaviors by lowering cortisol levels
- Studies confirm that yoga improves motor imitation skills, reduces self-stimulatory behaviors, and supports emotional self-regulation in children with ASD.

Down Syndrome

Yoga enhances physical and mental well-being for individuals with Down Syndrome by:

- Improving muscle tone and joint stability for greater mobility
- Supporting metabolic health and thyroid function
- Boosting concentration and memory with breathing exercises
- Research suggests yoga improves cognitive flexibility, helping children develop greater self-awareness and confidence.

Cerebral Palsy

For children with cerebral palsy, yoga can be transformative, helping to:

- Increase mobility and flexibility by reducing muscle tightness
- Strengthen weaker muscles while relaxing tense areas
- Enhance spinal alignment for better posture and nerve health
- Improve coordination and independence through mindful movement
- Clinical studies show yoga helps improve gross motor function, supporting better mobility and postural stability.

Rare Syndromes

Yoga therapy is uniquely adaptable, supporting individuals with rare syndromes and complex conditions through:

- Neuroplasticity stimulation, aiding cognitive and emotional development
- Pain and discomfort relief through gentle stretching and relaxation techniques