



# 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