

Yoga Programme
For Children with a Learning Disability

Level 1

Beginning of session:

- Signify start of yoga using mat as signifier/visual symbol
- Place mat onto the floor
- Remove shoes and socks
- Stand on the mat

For each of the postures, use visuals/photos as required. Ensure the child is breathing throughout yoga poses and is not holding their breath.

Mountain

Stand still, feet slightly apart and arms by your sides.
Slowly stretch arms out to the side, then raise them above your head.
Hold the stretch for count of 5.
Slowly lower arms back by your side.



Crocodile

Lie on your tummy.
Place your hands under your chin to prop you head.
Weight bearing through elbows.
Stretch your legs out and apart.
Hold for the count of 5 looking to the right.
Hold for the count of 5 looking to the left.



Cat

Moving from crocodile up onto hands and knees on all fours. Place hands and knees on the mat on all fours. Alternate between angry and relaxed cat.

Angry Cat: breathe in, arch back, and look at your belly button.

Relaxed Cat: tummy drops down, breath out and raise your head.

Repeat 3-5 times slowly.



Downward Dog

Place hands and knees on the mat on all fours. Curl your toes and place them on the mat. Push up to straighten legs with bottom in the air and pushing through hands and feet. Hold for the count of 5-10.



Turtle

Place both hands and knees on the mat on all fours. Sit back on heels, lower head onto the mat. Stretch out your arms and place them on the front of the mat, palms facing down. Hold for the count of 5-10.



Mountain

DRAFT

Stand still, feet slightly apart and arms by your sides for a few moments. Slowly stretch arms out to the side, then raise them above your head.

Hold the stretch for count of 5.

Slowly lower arms back by your side.



Notes for facilitators:

Yoga postures are multi-functional. They are good for relaxation and building this into a child/ young person's routine. Each of the postures also have a sensory function, outlined below:

- Mountain: provides a whole body stretch helping to increase body awareness (proprioceptive feedback). Bringing hands together in prayer pose will improve awareness of both sides of the body.
- Crocodile: weight bearing provides enhanced body awareness through arms (increased proprioceptive feedback). Deep tactile pressure through chin and face, stomach, body and limbs while lying in prone position (face down).
- Cat: provides linear vestibular stimulation (of inner ear) through movement of the head through space. Strengthens postural muscles and improves tone.
- Downward dog: intense proprioception/body awareness through inversion of body and weight bearing. Provides vestibular input while the head is inverted.
- Turtle: deep pressure through forehead, body, arms, legs and hands, a good squeeze! Vestibular input through head down position.

Yoga Programme Visuals Level 1 **Mountain**



Crocodile



Cat



Relaxed Cat



Angry Cat



Downward Dog



Curl your toes



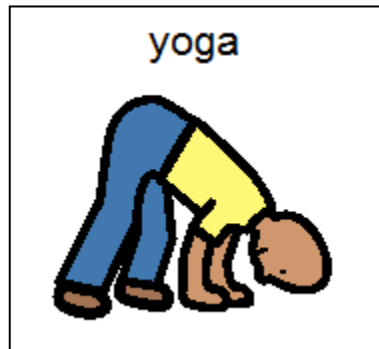
Turtle



Mountain

DRAFT





Yoga Programme
For Children with a Learning Disability

Level 2

Beginning of session:

- Signify start of yoga using mat as signifier/visual symbol
- Place mat onto the floor
- Remove shoes and socks
- Stand on the mat

For each of the postures, use visuals/photos as required. Ensure the child is breathing throughout yoga poses and is not holding their breath.

Starfish

Stand still with feet spread apart, arms by your sides and point toes to the front for a few moments.

Take a deep breath and raise arms out by your side.

Palms facing forward.

Hold for the count of 5-10.



Bat

Stand with your feet spread far apart with arms by your side. Take a deep breath and bend your upper body towards the floor.

Place your hands on the mat and look through your legs.

Keep your legs straight and let your head hang heavy.



DRAFT

Dragon

Kneel on your knees, arms at your sides.
Lift right leg and place bottom of right foot on the front of the mat.
Place hands on your right knee.
Slowly raise arms forwards towards front of the mat.
Raise arms overhead, reach up to the sky.
Take 2-3 deep breaths.
Slowly lower arms by your side.
Place right knee back beside left knee.



Once standing on your knees, repeat on left side.

Snake

Lie down on your tummy.
Place your arms straight in front of you and forehead on the mat.
Take a deep breath and lift arms and forehead.
Hold for the count of 5-10.



Clam

Sit on your bottom with your legs straight in front of you.
Keep your back straight.
Slowly raise straight arms over head.
Take a deep breath and lower arms towards your toes.
Place your hands on your legs.
Take 2-3 deep breaths.



Mountain

Stand still, feet slightly apart and arms by your sides for a few moments.
Slowly stretch arms out to the side, then raise them above your head.
Hold the stretch for count of 5.
Slowly lower arms back by your side.
Join palms together in prayer pose in front of chest.
End with "Namaste" and encourage eye contact with facilitator.



Notes for facilitators:

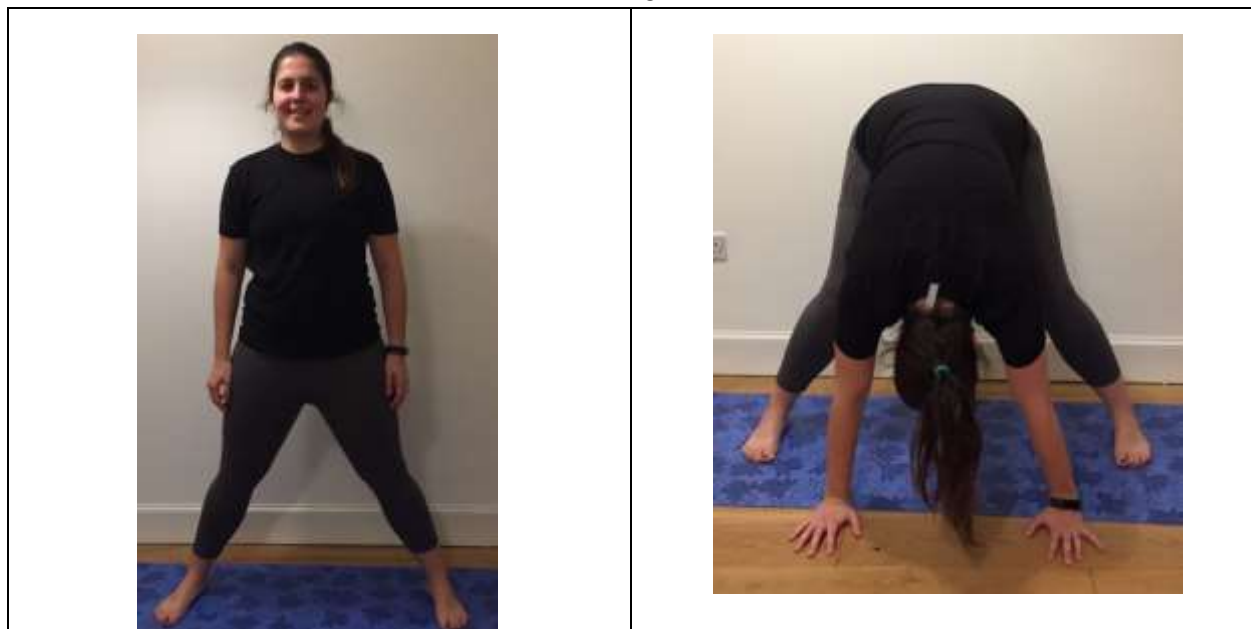
Yoga postures are multi-functional. They are good for relaxation and building this into a child/ young person's routine. Each of the postures also have a sensory function, outlined below:

- Starfish: provides a whole body stretch helping to increase body awareness (proprioceptive feedback).
- Bat: provides a whole body stretch helping to increase body awareness (proprioceptive feedback). Improves strength in and stretches legs. Releases tension in the neck and shoulders. Provides linear vestibular stimulation (of inner ear) through movement of the head through space
- Dragon: provides a whole body stretch helping to increase body awareness (proprioceptive feedback). Strengthens leg and arms muscles.
- Snake: weight bearing provides enhanced body awareness through the body (increased proprioceptive feedback). Strengthens lower back, chest and arms.
- Clam (seated forward bend): stretches legs and engages core muscles. Provides deep pressure to legs.
- Mountain: provides a whole body stretch helping to increase body awareness (proprioceptive feedback). Bringing hands together in prayer pose will improve awareness of both sides of the body.

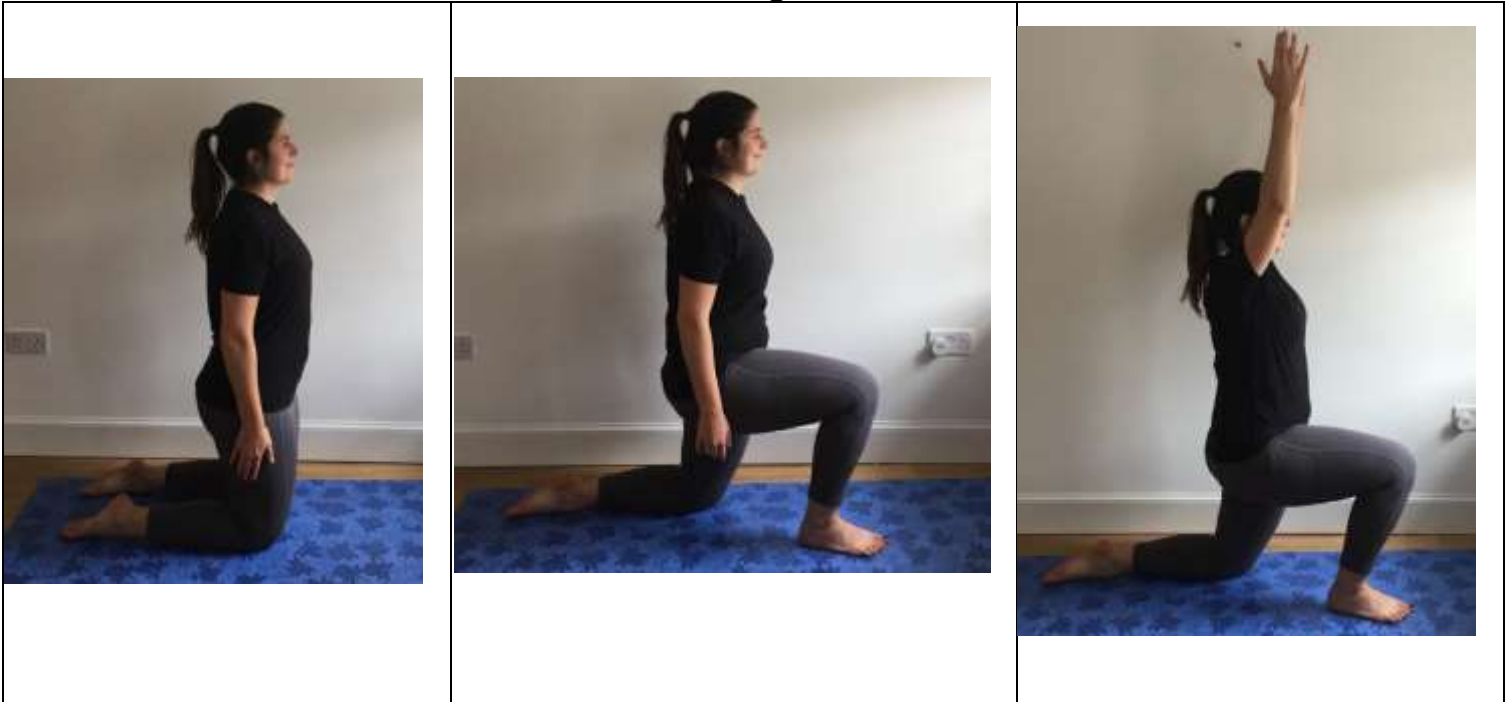
Yoga Programme Visuals Level 2
Starfish



Bat



Dragon



Snake



Clam



Option 1 (hands on thighs)



Option 2 (hands on shins)



Mountain

