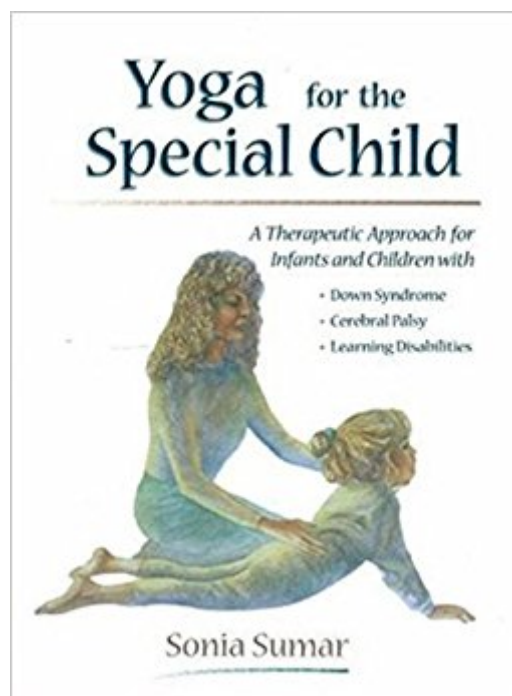




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# Yoga For The Special Child: A Therapeutic Approach For Infants And Children With Down Syndrome, Cerebral Palsy, Autism Spectrum Disorders And Learning Disabilities



## Synopsis

An innovative and easy-to-follow program for parents, educators, yoga teachers, and health care professionals. The book includes: A step-by-step, integrated system of yoga poses designed to increase cognitive and motor skills in children with learning and developmental disabilities. Specialized breathing exercises and relaxation techniques to improve concentration and reduce hyperactivity. And early intervention program to assure the healthy formative development of infants and toddlers.

## Book Information

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## Customer Reviews

This book offers one more success story of a parent who refused to believe her disabled child could not be helped. But more importantly, it is a handbook for parents that demonstrates the use of centuries-old yoga practices to benefit the special-needs child. Sumar's program, which she teaches throughout the world, draws on yoga's philosophy that intellect, mobility, and the senses are interdependent and that improved development in one area affects all areas. The book includes a glossary, case reports (including that of Sumar's daughter), and clear, step-by-step instructions with illustrations. It also includes important dos, don'ts, and medical precautions. The success of Sumar's program has been documented in education and psychology journals. An important addition to any special-needs collection. ?KellyJo Houtz Griffin, Auburn, WA Copyright 1998 Reed Business Information, Inc.

Sonia holds a Bachelor's Degree in Education and has taught at elementary school level. She has conducted workshops and addressed special education programs and symposia in North America, South America, Europe, Asia, Oceania, and India. She currently resides in Florida. Sonia continues teaching children and adults and offers her specialized training courses to Yoga teachers and other professionals worldwide.

I am a Pediatric Occupational therapist and was interested in learning about how to use yoga to help special needs youngsters. I read this book and then attended a training with the author and that began my journey into learning about myself and how to better help the students I am blessed to work with. Ms. Sumar is "Real", no pretense, just one woman sharing her journey which is now helping thousands of people world wide. Yoga for the special child is THE best therapy technique I think working with children with Special Needs. She describes her approach, which is to "see the child as perfect and whole" and "connect to them on a spiritual level" before moving into the Yoga. She is an inspired teacher and she inspires others because of her warmth and compassion. A true yogini, Ms. Sumar's book is well worth the investment and might just start you on a journey of self discovery.

As the mother of two boys with autism, I am always on the lookout for programs that might help reduce hyperactivity and tics. Yoga For the Special Child has helped in that quest. This book provides clear visuals as well as written directions on how to coax your child to engage in various postures and breathing exercises, first passively, and in later stages, actively. I actually began the yoga with my son just as he was beginning to fall asleep. As the weeks have moved on, I have introduced some of the postures that require his active participation. Very simply, he loves the entire process---and yes, it does leave him much more relaxed. While I found myself raising my eyebrows at some of the claims of benefit enjoyed by severely disabled participants in the writer's yoga school, I do see where consistent use of yoga can provide a child with the means to self regulate hyperactivity and tics. I do recommend the book in that light, and I am grateful to have found it just as I feared we would have to medicate for hyperactivity. It's also a fun bonding experience. I finally have something I can do with my son for a change!

If you don't know anything about yoga or therapy, then this is a great book to get to use with you child who has a disability. If you do have a yoga background then a lot of it is common sense on how to stretch your child. The great thing about this book is that it has specific exercises for each

stage, so it is a handy reference tool.

I couldn't put this book down! I've actually read the previous editions and have taken several Yoga for the Special Child Courses over the past 10 years but I still couldn't stop reading. This new edition is so beautifully and clearly presented--it is a blessing and a gift to the world, as is it's author Sonia Sumar. Read the book! Take the class! It will be one of the best decisions of your life :)  
Namaste!

Great book

I wish I was able to view contents of this book or that there was a good description of its contents. I'm returning it because it doesn't meet my needs.

I love this book for my CP son. Not only does it offer great therapy techniques, but an inspirational story of love and perseverance. I checked this out of the library numerous times before I decided we had to have our own copy. The book arrived in pristine condition. I would recommend this book to any parent of a special needs child, regardless of disability or age.

This book is great as it really speaks from the heart. Also Sonia is a pioneer in this field. It offered pictures and step by step ideas. A must read for anyone in the field or with children. Deb Tangen

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