



Teacher Training: Yoga for Children with Autism Level 1: 20-Hour Module



Yoga for Social Emotional Learning

Learn to promote the social and emotional development of children with Autism ages 2-15. Implement the practice of yoga in school to address challenges with attention, social skills, self-regulation, speech and language, learning, and low muscle tone. This dynamic, hands-on workshop provides the basis for teaching yoga to all children, with a special emphasis on yoga for children with Autism Spectrum Disorder.

Who we are

Model Me Kids, LLC, a Registered Children's Yoga School, joins its expertise in teaching social skills through video modeling with certified yoga teachers experienced in implementing yoga specific to children with Autism.

*No yoga experience required

Course outcomes

Participants will learn to:

- Create and lead a yoga class for children with Autism
- Incorporate meditation and breathing exercises
- Modify postures specific to children with Autism
- Implement yoga sequences specific to a classroom environment

Who's it for

Designed for:

- Teachers
- Speech Language Pathologists
- Occupational Therapists
- Camp Counselors
- Caregivers
- Yoga teachers interested in teaching yoga to children with special needs

Host a training: 888-938-3240 | info@modelmekids.com