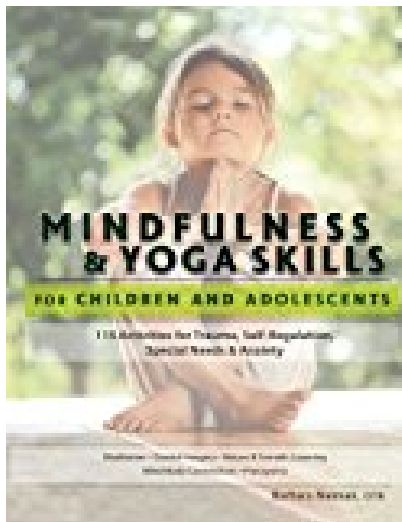


Mindfulness & Yoga Skills for Children and Adolescents 115 Activities for Trauma Self-Regulation Special Needs & Anxiety



BOOK DETAILS

- Author : Barbara Neiman
- Pages : 128 Pages
- Publisher : PESI Publishing & Media
- Language : English
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BOOK SYNOPSIS

New and unique exercises for children and adolescents in yoga, meditation, guided imagery and somatic explorations fill this comprehensive skills guide. This book is brimming with 115 practical and easy to use tools and stories supporting critical life skills for families, classrooms and therapy sessions. Holistic strategies include:

- Meditation to support body-mind-spirit connection
- Yoga pose adaptations for Autism, sensory processing & special needs
- Trauma sensitive and grounding guided imagery
- Parenting tools to tune to our somatic self and enjoy silence and nature
- Designing a personal mantra and contemplation
- Classroom interventions for building life skills

MINDFULNESS & YOGA SKILLS FOR CHILDREN AND ADOLESCENTS 115 ACTIVITIES FOR TRAUMA SELF-REGULATION SPECIAL NEEDS & ANXIETY

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