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Sensory Yoga for Kids: Therapeutic Movement for Children of all Abilities

By Britt Collins. Illustrated by Carly Hougen

Future Horizons, Inc, 2015. Softcover. Book Condition: New. This book shows how to use yoga to bring calm and focus (and exercise!) to kids with special needs. Childhood is a time filled with new motor challenges and hurdles; and this is doubly true for kids with autism and other special needs. The motor challenges kids face require strength, coordination, and the ability to focus and attend. Yoga can help kids with these challenges as it can strengthen their bodies while calming. This book demonstrates how to get kids started with the discipline that so many of us use in our daily lives. Occupational therapist Britt Collins tells how to use yoga to support special needs, increasing body awareness and fine tune coordination skills. Pediatric Occupational Therapist Britt Collins graduated from Colorado State University and for over ten years has worked tirelessly on OT and sensory integration awareness, research and application. Britt has worked in a variety of settings including pediatric hospital inpatient, ICU, rehabilitation, outpatient clinics, homes, schools and skilled nursing facilities. With her award-winning OT DVD series and two books, *Sensory Parenting: Newborns to Toddlers* and *Sensory Parenting: The Elementary Years*," she's among the cutting-edge leaders in the field....



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