

# *SPECIAL NEEDS YOGA FOR KIDS*



Saturdays @ 10:30 am

## **All Kids First Clinic**

4720 Peachtree Industrial Blvd Suite 305  
Berkeley Lake, GA 30071

### **What Is Special Needs Yoga?**

Yoga tailored for children with developmental delays or other learning differences. Through breathing exercises, yoga poses, chanting (repetitive sound), flowing sequences and a deep relaxation period, students are exposed to the powerful benefits of yoga. Students are guided through concrete directions and visuals. Yoga assists the ability to focus and concentrate and helps improve both fine and gross motor skills. It contributes to improved communication and building responsive and interactive relationships while reducing anxiety. Participants who benefit from additional support are welcome to participate with a parent/caregiver at no extra cost.

### **Meet Our Instructor**

Sedef Dion is an E-RYT 200, RCYT and co-creator of Pre-Grounded Yoga for ages 3-6. She has been practicing yoga for over 20 years and teaching since 1999. She completed her 200 hour RYT in Hatha yoga at Peachtree Yoga Center and since earned Kundalini Yoga certification under the guidance of her teacher Mukta Kaur Khalsa studying Yogi Bhajan's teachings. She is a Yoga Alliance Member as well as Kundalini Yoga Teachers Association (KYTA). Sedef's personal yoga style is an integration of the various types of yoga that she has studied and practiced. She believes that yoga is a way of life that brings peace of mind, physical strength, health, vitality, and enhances spirituality.



**FEE:**

**4 SESSIONS-\$58**