

YOGA Therapy for Children with Autism and Special Needs

LEVEL 1

IN CLASSROOM OR ONLINE



We are excited to be offering this training as part of LMU Graduate Yoga Studies program!

15-Hour IAYT APD Course

for yoga therapists, yoga teachers, and educators

CEU, C-IAYT's for RYT's, C-IAYT's, OT's & OTA's or hours toward Advanced Yoga Alliance certifications.

Saturday, Feb 24, 2024 | 9 am – 5:30 pm PST

Sunday, Feb 25, 2024 | 9 am – 5:30 pm PST

Loyola Marymount University

Graduate Yoga Studies

University Hall, Room 3328

1 LMU Drive

Los Angeles, CA 90045-2649



Loyola Marymount University
Graduate
Yoga Studies

Required Text:

Yoga Therapy for Children with Autism and Special Needs by Louise Goldberg. Please bring text or e-book. Available at bookstores or on Amazon.com.

Course Cost: \$300

Instructors: Louise Goldberg, MA, ERYT500, C-IAYT ; Nikka Pamerter, C-IAYT

louise@yogaforspecialneeds.com

www.creativerelaxation.net/cr



The teaching principles of Creative Relaxation®

- Create a sacred space
- Engage the child
- Provide tools for success
- Develop opportunities for independence



Louise Goldberg, MA, ERYT500, C-IAYT, is the author of *Yoga Therapy for Children with Autism and Special Needs*, (2013)



and *Classroom Yoga Breaks* (2017) and co-author of *S.T.O.P. and Relax, Your Yoga Special Needs Toolbox*©2016, Rev 2022. With over 40 years' experience teaching yoga, she leads trainings and retreats internationally and is the owner/director of the Yoga Center of Deerfield Beach in Florida.

REGISTRATION INFO



Classroom and Online: Click [HERE](#)

- Honor children where they are
- Curricula for autism and neurodiversities, ADHD, and anxiety
- Preliminary and ongoing assessment strategies
- Effective communication techniques
- Self-regulation skills
- Documentation and anecdotal data

Nikka Pamerter is a C-IAYT Yoga Therapist, professional dancer, somatics specialist, and yoga instructor of over 15 years. She is founder of Sacred Spectrum Movement Inc, a nonprofit organization providing yoga therapy, movement, dance, and fitness to the neurodivergent, special needs, and mental health community.

