

YOGA THERAPY FOR THE CHILD WITH SPECIAL NEEDS

Stretch What Matters is a holistic yoga-based program designed to support a child's mental, physical, social and emotional development. The program is individualized to meet the strengths and needs of *children with autism spectrum disorders, ADHD, ADD and learning disabilities*. For a child who is currently non-verbal or working with language challenges, a variety of visual and physical supports are used to ensure that all children are successful.

The holistic yoga program includes:

- An initial intake
- The creation of an individualized yoga program based on the six core principals: structure and repetition, social thinking, language stimulation, physical stimulation, self-calming skills and direct self-esteem building
- Progress reports
- Dyad and triad yoga sessions incorporate a social thinking curriculum to allow for more direct focus on social thinking skills
- Accommodations to ensure success including video modeling, physical supports, visual supports and social scripts

Elizabeth Goranson, M. Ed., holds a Masters degree in Special Education from Simmons College in Boston, MA. She is a certified yoga teacher through Karma Kids in NYC. She completed the Integrated Movement Therapy training, Level 1, for children with special needs, at Kripalu in Stockbridge, MA and the Rhythmic Movement Training for people with special needs. Contact Elizabeth to schedule an initial intake by calling 617-538-2873 or visiting www.stretchwhatmatters.com

Stretch What Matters offers individual, dyad and triad therapeutic yoga sessions at Roots and Wings Healing Arts Center in Natick, MA.