

SERVING PEOPLE OF
ALL AGES AND LEVELS
OF PHYSICAL AND
ECONOMIC ABILITY

ENHANCING, SUSTAINING
AND IMPROVING THE
QUALITY OF LIFE

The Center for Special Needs serves the community without regard to a person's race, creed, religion, gender, origin, sexual preference or ability to pay.

MISSION

THE CENTER FOR SPECIAL
NEEDS IS DEDICATED TO
INSTRUCTING DETAILED
YOGA CURRICULUMS TO
ADDRESS AND IMPROVE
NEUROLOGICAL,
PSYCHOLOGICAL
AND PHYSICAL ISSUES.

BOARD OF DIRECTORS

Sara Carapezzi: Director, The School of Royal Yoga, Chester, New Jersey. Executive Director, The Center for Special Needs, Chester, New Jersey. B.S. in Special Education. Yoga Teacher.

Deborah Gano: B.S. in Elementary Education. Yoga Teacher. Contributed to the development of many of the children's and family programs at The School of Royal Yoga and The Center for Special Needs, Inc.

Myra McCormack, Esq.: Associate Patent Counsel, Johnson & Johnson Family of Companies. Ph.D. patho-biology, B.A. Chemistry and Biology. Board Member for several not for profit organizations.

ADVISORY BOARD

Miriam Rosenberg: Occupational Therapist, SIPT certified. M.A. in counseling, Yoga practitioner over 40 years.



The Center For Special Needs, Inc.
At The School of Royal Yoga
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THE CENTER FOR SPECIAL NEEDS

AT THE SCHOOL OF ROYAL YOGA



**SPECIALIZED YOGA
INSTRUCTION
FOR ALL AGES**

908-879-9648

THE CENTER FOR SPECIAL NEEDS

OFFERING SPECIALIZED YOGA INSTRUCTION FOR ALL AGES

BACKGROUND OF THE CENTER FOR SPECIAL NEEDS

The Center for Special Needs is a non-profit organization founded by The School of Royal Yoga in New Jersey. The Royal Pathways Inc. "The School of Royal Yoga" is an International School centered in Ontario, Canada, where Classic Hatha Yoga instruction began in 1990. This pure, highly effective form of Yoga reflects the highest refinement of Yoga. Over the years more and more people shared their testimonials of physical, psychological and neurological improvements and The Center For Special Needs was formed to address the communities alternative needs through specific Yoga curriculums.

The focus of the center is on service. The unique needs of every individual are always attended to with great care and gentleness allowing every student, regardless of age or ability to feel successful and know that they can offer Yoga. The goal is to enhance, sustain and improve the quality of life.

YOGA FOR SPECIAL NEEDS CHILDREN



This innovative program benefits both the child and the entire family. This program has been tailored to the specific needs of the special needs child and their families by specially trained teachers. Yoga offered by a supportive, loving and professional staff offers each child the opportunity to grow to his highest potential. Yoga assists in improving each child's ability to focus and concentrate in addition to improving fine and gross motor skills. It also contributes to an increase in successful communication and the desire to build responsive and interactive relationships.

YOGA FOR SENIORS & ALZHEIMER'S PATIENTS

Senior Yoga classes are offered in a variety of approaches to meet the needs of all!

Chair Yoga is offered to those using a walker or wheel chair, or to those experiencing sensory issues (conditions) or Alzheimer's. Some standing poses with support may be offered when appropriate for the group.

Gentle Mat Yoga is offered to the more

active senior with alternatives offered for any physical sensitivities that may arise.

Both classes are a great opportunity for relaxation, making a connection to the simplicity and beauty of the Breath and Yoga Poses, and Visualizations that bring greater Peace and Calmness.

Yoga for Alzheimer Patients is offered very gently; a peaceful touch and guidance through the hands is offered to those that are receptive. This specialized class offers immediate anxiety relief and creates an environment of greater peace and calmness for the patients and those serving them.

All senior classes bring great vitality through deep breathing, increased movement (which reduces stiff joints) and a feeling of deep beauty and serenity.

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