

The Center for Special Needs



CHILDREN'S YOGA Ages 9 & up

This program is designed for Special Needs Children.



Saturdays 9 weeks

Please call to register

12:30 - 1:15 pm Ages 9 & up Sept. 15, 29, Oct. 6, 27, Nov. 3, 17, 24, Dec. 1, 8

By Donation

Each Yoga class focuses on calming techniques such as breathing, visualization and relaxation and focusing techniques through Asana (poses). We work on positive self-image, self-esteem, kindness and confidence through poses, stories and games all related to Yoga. Yoga classes provide the children with the tools they need to deal with sensory stimulation to be successful in school, relationships and life. Students and families find a network of support, love and understanding which is beneficial for the entire family. Parents and siblings welcome.

(Private classes available upon request - Please inquire.)

CHILDREN'S YOGA Ages 5-8 yrs

This program is designed for Special Needs Children.

Saturdays 9 weeks

Please call to register

1:30 - 2:15 pm Ages 5-8 Sept. 15, 29, Oct. 6, 27, Nov. 3, 17, 24, Dec. 1, 8

By Donation

Each Yoga class focuses on calming techniques such as breathing, visualization and relaxation and focusing techniques through Asana (poses). We work on positive self-image, self-esteem, kindness and confidence through poses, stories and games all related to Yoga. Yoga classes provide the children with the tools they need to deal with sensory stimulation to be successful in school, relationships and life. Students and families find a network of support, love and understanding which is beneficial for the entire family. Parents and siblings welcome.

TEEN - YOUNG ADULT YOGA

This program is tailored to Special Needs Teens and Young Adults and is an all-inclusive program that is open to the general public.

Thursdays 4:15 - 5:00 pm Sept. 6 - Dec. 13 (no class Nov 22) 14 weeks

By Donation

Relax and rejuvenate with Yoga designed especially to meet the needs of Special Needs teens and adults. We'll offer Yoga poses, breathing, stretching and relaxation. Modifications and alternatives are given so each one feels success and comfort. Increase strength, flexibility, body awareness, confidence and overall well-being with classic Hatha Yoga.

The Center for Special Needs, Inc. is the non-profit outreach of The School of Royal Yoga, Inc. It was formed to address the community's alternative needs through specific Yoga curriculum. We serve people of all ages and levels of physical and economic ability to enhance, sustain, and improve the quality of life. All services are offered without regard to a person's race, creed, religion, gender, origin, or ability to pay.

If you or someone you know has an interest in any of the programs, please call 908-879-9648 for more details. We are happy to offer these programs at your location.

♥ Many thanks to The Provident Bank Foundation for their generous grant supporting The Center for Special Needs.

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Please consider selecting The Center for Special Needs as your Charity. Thank you for your support!

To reserve your space please return this form along with your donation.

We accept cash, checks and credit cards Checks made payable to: The Center for Special Needs, Inc.

<u>Day</u>	<u>Class</u>	<u>Time</u>	<u>Donation</u>

Mailing Address: The Center for Special Needs 38 R Main Street, Chester, NJ 07930

Name(s): _____

Address: _____

Phone: _____

Email: _____

Cash/Check Amount	
Visa/MC/Disc. Amt	
Check Number	
Date Received	
Computer Entry	
Charge Entered	
Authorization	

For Children:

Child's Name & Age: _____

Child's Name & Age: _____

Classes offered at:

The School of Royal Yoga, Inc

38R Main Street, Chester, New Jersey

www.TheSchoolofRoyalYoga.com 908-879-9648 RoyalYoga@embarqmail.com

We offer Yoga to Special Needs Individuals
throughout New Jersey
and travel to your
school, recreation center, club or group!
Please call us for Yoga at your location.

Yoga for Special Needs Children Yoga is for everyone! Special Needs children often have unique needs and abilities and the practice of Yoga brings so many benefits. Yoga helps children to improve fine and gross motor skills. Physically the children become stronger and more aware of their body in space. Communication skills are improved, and delicate nervous systems brought into greater balance. Yoga helps children with success in school by assisting in improving the ability to focus and concentrate. The practice of Yoga and Meditation stimulates the pre-frontal cortex of the brain enabling the students to make lasting changes in their behaviors, interactions and learning style. The peace that the students feel before and after class benefits them and their families. In Yoga class we spend time focusing on calming techniques like breathing, visualization and relaxation and focusing techniques through Asana (poses). We work on positive self-image, self-esteem, kindness, acceptance of oneself and others and confidence through poses, stories and games all related to Yoga. We help children find joy and spontaneity and stimulate creative thinking through Yoga poses and activities. New experiences, transitioning from one activity to the next, sounds, light and excess stimulation are particularly challenging for children with Autism. Yoga classes offering relaxation, breathing, poses and visualization provide the children with tools they need to deal with sensory stimulation and changes and to be successful in school, relationships and life. At our classes the students and families find a network of support, love and understanding which is beneficial for the entire family.

The Center for Special Needs, Inc. is a 501(c)(3) non-profit.

908-879-9448

www.TheSchoolofRoyalYoga.com