

A SPECIAL CHILD'S YOGA

**YOGA CLASSES FOR
CHILDREN WITH
SPECIAL NEEDS**



Green Room Yoga
2555 Hastings Street East
Fridays
5-6 pm

*Studio is wheelchair accessible, but
assistance with the bathroom is necessary

- Caregiver and elementary school aged child attend together
- Instructor incorporates games with traditional yoga practices (poses, breathing, meditation and relaxation)
- Builds fine and gross motor coordination
- Builds concentration and oral processing skills
- Works toward soothing the nervous system and regulating sensory input
- Builds community and...

**IT'S
FUN!!!**

Contact Information:

(604)215-4077

email:

aspecialchiltsyoga@gmail.com



Instructor: Melissa Anema

Melissa has a Bachelor's in Education and works as a special education teacher. She also has a 500 hour Yoga Teacher Training certification from the South Okanagan Yoga Academy.

A SPECIAL CHILD'S YOGA



A Special Child's Yoga teaches classes specifically for children with special needs. Yoga can play a profound role in your special needs child reaching their highest potential! By combining games, play and lots of fun with traditional asanas (postures), pranayama (breathing), meditation and visualization, these classes aim to teach your child to self regulate. We work on soothing the nervous and sensory systems, learning postures to help either calm or invigorate the body/mind, developing fine and gross motor skills, and much more! Children attend classes with a parent or caregiver, and take away with them information they can use to plan a regular yoga therapy routine for their child. Classes are by 8 week sign-up and the classes will be specifically designed for the children attending, in order to give parents and children the best possible experience. Yoga is a powerful way to build essential life skills, including self-esteem and confidence, self-calming techniques, attention, concentration and so much more! It is also an exceptional way to teach overall health of the mind, body and spirit!



MELISSA ANEMA

Melissa is a Special Education teacher with the Vancouver School Board as well as a yoga instructor. She has a Bachelors of Science, Bachelor of Education, and a 500 hour Yoga Alliance certified Yoga Teacher Training certificate. Melissa has been teaching yoga to children with special needs for over 5 years, and is interested in how yoga and Ayurvedic medicine can be used to help children with special needs improve their health and overall well-being. Melissa's yoga teaching combines her knowledge of several systems of yoga teaching, including Vijnana, Iyengar and Ashtanga yoga, as well as her experiences as a new mother.