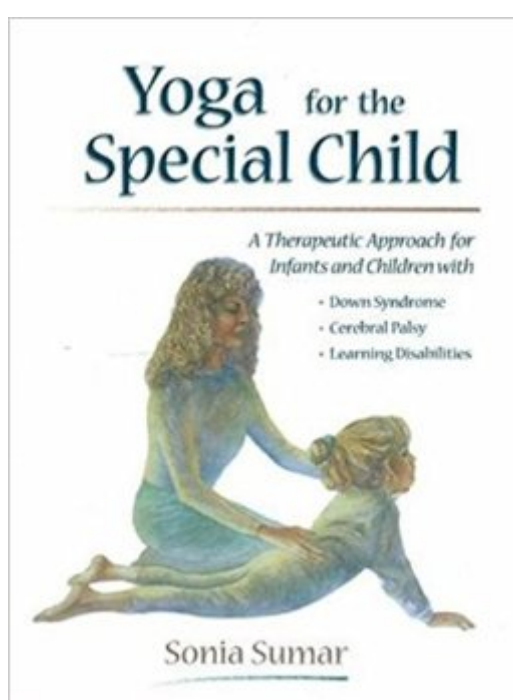


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# Yoga For The Special Child: A Therapeutic Approach For Infants And Children With Down Syndrome, Cerebral Palsy, Autism Spectrum Disorders And Learning Disabilities



## Synopsis

An innovative and easy-to-follow program for parents, educators, yoga teachers, and health care professionals. The book includes: A step-by-step, integrated system of yoga poses designed to increase cognitive and motor skills in children with learning and developmental disabilities. Specialized breathing exercises and relaxation techniques to improve concentration and reduce hyperactivity. And early intervention program to assure the healthy formative development of infants and toddlers.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (27 customer reviews)

Best Sellers Rank: #374,139 in Books (See Top 100 in Books) #46 in [Books > Education & Teaching > Schools & Teaching > Special Education > Physically Disabled](#) #51 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy](#) #79 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#)

## Customer Reviews

I must admit at the beginning of my writing this review that I was inspired by an earlier reviewer of this book on this site who wrote a relatively negative one. That is too bad; as there are, probably, a bunch of parents and professionals who have chosen not to plunk down their [\$\$\$] to buy this book based on this person's opinion. This book is for parents and professionals who are probably trying to find something (perhaps "anything" is a more appropriate word) to help their kid/kids. The author, as she describes in the first chapter or so, has "walked the walk", which now enables her to "talk the talk". And, after reading her story, which is heart-wrenching and, ultimately, uplifting, one realizes that the author is in the business of helping "special children", not because it is a good business idea, but because it is her life's mission. (How much money does an author make on such an inexpensive book written for such a limited audience? God bless her publisher.) In short, the author is sincere, authoritative, and, seemingly, hell-bent (in the most caring, lovey-dovey way imaginable)

on changing the way that special children interact with the world. She offers no quick fixes, and specifically warns against them. She emphasizes that patience, consistency, and a long-term commitment are the keys for the best results. She clearly prefers starting children in her program as soon as possible. However, there definitely seems to be no age limit to the kids with whom she works, as one of them seems to be sporting a cheesy-beginner mustache in a photo of him doing an impossible looking pose. The previous reviewer who said that there were no tools to deal with an older child missed the obvious.

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