

SEN·Si



Sensory Integration Therapy

YOGA THERAPY

Child-friendly, fun yoga and mindfulness therapy specifically aimed towards children with additional needs such as, ADHD, Autism, Anxiety, Attachment Disorder and Sensory Processing Disorder.

YOGA THERAPY CLINIC

The yoga sessions are designed according to the child's sensory needs, and attachment profile.

Yoga therapy helps children strengthen and stretch their bodies in a non-competitive way. Moving the body gently through yoga poses allow children to feel more comfortable and confident in their own skin. Breathing techniques along with the physical movement help children regulate and feel more peaceful.



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Parent and Child Yoga:

Group or family yoga sessions are aimed to teach the whole family how to practice yoga together. Families learn skills to help calm all the family to use at home. Partner poses are a perfect way for child and parent to feel connected and bonded. Partner yoga also encourages release of opioids and oxytocin, essential anti-aggression hormones, in the brain.

Mindfulness:

Mindfulness activities teach children concentration and self awareness. They learn how to control their busy minds by focusing on the present moment instead of worrying about the future or the past.

SESSIONS FOCUS ON:

-  Breathing techniques
-  Coordination
-  Mindfulness activities
-  Stretching the body
-  Strengthening the body
-  Confidence building
-  Regulating emotions
-  Reducing anxiety and aggression
-  Balance
-  Fine and gross motor skills
-  Working together and bonding with parent



CONTACT US FOR FURTHER DETAILS:

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