

Sensory Kid Yoga with OT AND Parent Wellness Support

TWO CLASSES
SAME TIME!
SAME LOCATION!

Kid's Class

- For children with Sensory Processing Differences, Autism, PDD, Asperger's and related conditions
- ALL functional abilities ages 4-6. (class size limited)
- Playful kid yoga classes
- Weekly sensory themes: Hearing, Taste/ Smell, Vision, Touch, Movement, and Body Position.

Benefits:

- Sensory Processing
- Social Skills
- Body awareness, balance, coordination
- Improve Regulation
- Self-esteem
- Parent/child relationship development

Yoga Teacher- Julie Coopersmith

Julie is an Anusara Inspired Teacher, has a 500 hour accreditation with the Yoga Alliance, and has completed coursework in Yoga Ed, a nationally recognized program for children, K-8. She has completed additional coursework in therapeutic yoga and teaches all ages, including children with unique abilities. Julie firmly believes that people of all ages and abilities can benefit from yoga and is committed to this endeavor.

Occupational Therapist- Tina Giazioni-Fialko

Tina has been an occupational therapist for 11 years. She specializes in working with children with autism, and related conditions. Tina holds a Sensory Integration Specialty Certification. She believes that yoga and sensory integration treatment beautifully complement one another to support the intimate connections between movement, emotions, motivation, attitude, regulation and interpersonal interactions.

Parent's Class

- For Parents and/or Caregivers. Multiple parents and caregivers are welcome with each child.
- Relaxation
- Leisure counseling
- Yoga
- Health and Wellness
- Stress Management
- Parent/child relationship development

Teacher-Jennifer Moreno

Jennifer has been a Certified Therapeutic Recreation Specialist (CTRS) for 15 years and is a Registered Yoga Teacher. She has worked in clinical mental health settings and owned a wellness training business, Yogaworks, in Denver, CO and Tucson, AZ. Jennifer believes that *Leisure*, with its direct meaning being freedom, is one of the single greatest healing tools available. It is her passion to empower individuals in maximizing personal meaning and value through the holistic components of leisure.



www.titherapy.com
267-775-3012

Where? Prasad Yoga (near Street Road and 2nd Street Pike)
516 Second Street Pike, Southampton, PA 18966

How much \$250 includes 6 week class for both child AND parents/caregivers.
Multiple parents/ caregivers are welcome to attend for no additional cost.

How to register– Please call 267-775-3012
or email tina@titherapy.com

When? Thursdays, February 18th to March 25th
Time- 4:45 to 5:45