Mindfulness & Therapeutic Yoga for Exceptional Kids

An inclusive class to help kids develop calm bodies, flexible thinking, and effective communication

**When:** Saturday January 21st to February 25th, 2017 - no class February 11th.

**Time:** 1:00 to 2:00pm.

**Where:** Kensington Community Centre, 5175 Dumfries St.

**Cost:** $120.00 for 5 weeks - no drop in please - max 6 kids.

**Bring:** An allergy, nut-free snack to share, water bottle

*Children with Autism, and developmental or behavioural challenges are welcome pending a pre-registration interview with Joelle to assess suitability. Parents have the option to attend with their child.*

This class gives children aged 5 to 11 years (or similar developmental level) a space to regain their sense of calm, and learn to manage difficult emotions through visual supports, movement, games, yoga stories, role play, imagination, and music.

About the Facilitator:
Joelle Lazar is a Registered Clinical Counsellor, Yoga Therapist, and mother of a child on the Autism Spectrum. Joelle has practiced Vipas-sana meditation for many years, and facilitated mindfulness workshops to participants with diverse backgrounds and experience. Joelle maintains a private practice in Vancouver, BC, where she supports individuals, children, couples, and families.
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Why Mindfulness and Therapeutic Yoga?

Mindfulness is being present on purpose without reacting, neither grasping or pushing away our experience.

Mindfulness provides us with a way to increase our emotional flexibility so we don’t avoid or get flooded by our emotions.

Therapeutic yoga invites children to discover their resources for calm.

Yoga movements enhance proprioception, balance, strength, and flexibility so our bodies become more relaxed, alert, and available for learning and social communication.

In this class, children will:
- enter mindfulness through play
- increase sustained attention
- strengthen visual/spatial/motor skills
- increase proprioception, strength, flexibility and a calm and alert state of mind
- gain an understanding of the Zones of Regulation and how they help us manage our thoughts, feelings, and behaviours.
- explore social thinking curriculum through visual supports, story-telling, and role plays
- use imagination to increase body awareness and creative problem solving skills
- reduce reactivity and increase impulse control
- benefit from a small class size and teachers who recognize that difficult behaviours result from emotional regulation challenges
- enhance emotional regulation friendship/communication skills
- deepen awareness of self, others, and strategies to connect with others
- move to music and generate sound that match how they think and feel
- develop strategies to move into green zone, be flexible, and participate in the group plan!

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