

# Yoga for All Abilities

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**PRESENTED BY  
COLLEEN SPANO, MSED, 200-RYT  
FOUNDER OF  
SUNSHINE BEHAVIOR SERVICES, LLC  
SUNSHINE YOGA, LLC**

# Agenda

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- Why Yoga?
- Tips and Techniques to fight stress
- How to make yoga fun!

# Why Yoga?

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Some of top reasons people do yoga:

- Reduces stress
- Better control of emotions
- Improved mood and health
- Clearer mind
- Improved lung function
- More flexible
- Stronger body and mind

# Yoga and Emotional Wellness

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Current research shows the positive effects of yoga on:

- Depression
- Anxiety
- PTSD
- Schizophrenia
- OCD
- Addictive behaviors
- ADHD
- **Autism**

# Stress vs Yoga

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## The Brain/Body on Stress

### *Fight/Flight/Freeze*

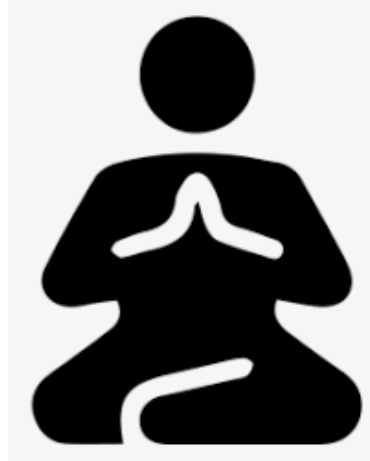
- Series of physical responses happen
- Chemicals are released in our body

## The Brain/Body on Yoga

### *Rest and Digest*

- Series of physical responses happen
- Chemicals are released in our body

Breath



Poses



Meditation



# Children's Yoga Practice

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Will always include:

- Breath
- Poses
- Meditation

As well as:

- Opening Circle
- Playful Movement
- Wind Down Story

# Sample Children's Practice

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- Opening Circle
- Breathing
- Playful Movement/Warm Up
- Active Poses
- Our Yoga Story
- Guided Relaxation
- Guided Meditation



# Other Tips

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See the Whole Child

Make yoga fun

Share your calm and positivity

Be flexible

Loving Kindness

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# Contact Information

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Colleen Spano, MSEd, RYT, CLCYT

Sunshine Behavior Services, LLC

Sunshine Yoga, LLC

[colleen@sunshinebehavior.com](mailto:colleen@sunshinebehavior.com)

574-387-3906

[www.sunshinebehavior.com](http://www.sunshinebehavior.com)