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Autore	Betts Dion E (Dion Emile), <1963->
Titolo	Yoga for children with autism spectrum disorders [[electronic resource]] : a step-by-step guide for parents and caregivers // Dion E. Betts and Stacey W. Betts ; forewords by Louise Goldberg and Joshua S. Betts
Pubbl/distr/stampa	London ; ; Philadelphia, : Jessica Kingsley, 2006
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Altri autori (Persone)	BettsStacey W <1964-> (Stacey Waldman)
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Nota di contenuto	Yoga for Children withAutism Spectrum Disorders:A Step-by-Step Guide for Parents and Caregivers; Contents; Preface; A note on this book; Foreword by Louise Goldberg; Foreword by Joshua S. Betts; Introduction; 1:How to Use this Guide; Sequence of yoga poses; Modifications of poses and sessions; Demonstrate poses to your child; Ensure that your child is comfortable; A note on breathing; Motivating children with Autism Spectrum Disorders to practice yoga; 2: The Yoga Sequence forChildren with Autism SpectrumDisorders; Warm-up poses; Sitting Pose; Cat Pose; Shoulder Opener Pose; Neck Rolls Mountain PoseChair Pose; Strengthening poses; Triangle Pose; Side Angle Pose; Downward Dog Pose; Warrior I Pose; Warrior II Pose; Standing Forward Bend Pose (A and B); Tree Pose; Release of tension poses; Sphinx Pose; Boat Pose; Bridge Pose; Calming poses; Stick Pose; Seated Forward Bend Pose; Spread Leg Forward Bend Pose; Head-to-Knee Pose; Butterfly Pose; Reclining Butterfly Pose; Seated Spinal Twist Pose; Easy Spinal Twist Pose; Child's Pose; Corpse Pose; 3:Yogic Breathing; Ujjayi Breathing; Skull Shining Breath; Curled Tongue Breath;

Lion Breath; Alternate Nostril Breathing

4: Shorter Yoga Sequences Short sequence 1; Short sequence 2;

References

Sommario/riassunto

This illustrated book combines the authors' professional expertise with their experience of parenting, offering a range of gentle and fun yoga positions and breathing techniques that are effective in dealing with the increased levels of anxiety, disorientation and tactile sensitivity often found in children with autism spectrum disorders (ASDs).
