

1. Record Nr.	UNINA9910452172803321
Autore	Cuomo Nicole C. <1965->
Titolo	Integrated yoga [[electronic resource]] : yoga with a sensory integrative approach // Nicole Cuomo
Pubbl/distr/stampa	London, : Jessica Kingsley Publishers, 2007
ISBN	1-281-14334-0 9786611143343 1-84642-677-4
Descrizione fisica	1 online resource (105 p.)
Disciplina	613.7/046083
Soggetti	Hatha yoga for children Sensorimotor integration Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Front cover; Integrated Yoga: Yoga with a Sensory Integrative Approach; Contents; Acknowledgements; Introduction; 1: What is Yoga?; 2: Sensory Integration – A Brief Overview; 3: How do Yoga and Sensory Integration Work Together?; 4: Yoga Practice and Age Groups; 5: Integration of the Practices; 6: Basic Postures; Suggested Reading; List of Poses; Index;
Sommario/riassunto	Practising yoga creates a sense of calm and focus and heightens awareness of the body's functions and movements. For children with sensory processing difficulties - because they either have low sensory thresholds and are overwhelmed by sensory stimulation, or because they have high thresholds and do not register stimulation - yoga can be hugely beneficial. This book presents easy-to-follow basic postures and sequences for children and young people which can be easily adapted for adults. Nicole Cuomo gives practical advice for how to choose appropriate sequences according to the child's particu