



The Center for
Mind & Body Wellness
Psychotherapy & Healing Arts

Group Interactive Yoga

The STAR Program, in conjunction with our new Center for Mind and Body Wellness, offers an interactive yoga class for children diagnosed with Autism Spectrum Disorder.

This special yoga class is specifically designed to incorporate various movement, breathing and relaxation techniques that help children acquire stress management skills and self-control.

Classes are lead by certified yoga teachers with experience training ASD children. Additionally, every class is staffed with Behavior Aides to provide attentive support to each child. Your child will be practicing yoga with a small group of peers in a supportive setting that will encourage interaction and enhance their social skills.

Yoga is a science that can be adapted to suit one's physical condition and personality. The benefits of yoga are cumulative over time and help achieve a vibrant stillness in body and mind.

Pricing & Schedule

Classes are held for small groups of 6-8 children and supported by 3-4 Behavior Aides.

- 1 class\$40
- 6-class series\$200

The Group Interactive Yoga classes will be offered after school and on Saturdays. Please call for schedule, **858 566.6514**.



Reconnect | Heal | Renew