



Yoga – Balance to the Child's Body and Mind

Yoga practise is a relevant form of therapy for children with special needs. A child may have challenged sensory awareness, underdeveloped motor skills or a physiological condition. Yoga for special needs kids is an adapted therapy that offers a gentle and holistic approach. It enables the child to summon her own levels of motor ability and body awareness while helping her to experience relaxation and practise different ways of self-expression.

Goals & Objectives [through the Yoga Programme]

- ◇ Enhance your child's awareness of his own body and its abilities
- ◇ Practice focus and experience relaxation
- ◇ Have the opportunity to listen and observe his own self by practicing an adapted yoga routine
- ◇ To acquire simple routines that can be also practiced at home with parents

Class Outline

- (1) **Music and sound therapy** : chanting assists speech, mind focus, motor coordination and rhythm.
- (2) **Breathing technics** : proper breathing exercises the child's lung capacity and helps the child's attention span and relaxation.
- (3) **Basic yoga movements** : gentle postures and easy routines enable the practise of gross motor skills, sensory stimulation and exploration of balance.
- (4) **Relaxation** : guided quiet time invites the release of physical tension and emotional stress.

Yoga Instructor : Mirna Meera Pathammavong

Mirna is a qualified yoga instructor (Integral Yoga® 200-hours) and further holds a certification to teach yoga for special needs children (Yoga for the Special Child®). She has teaching experience with children with various abilities and diagnosis including down syndrome, global delay, autism spectrum disorder, hypertonia.

Mirna also has a young son diagnosed with mosaic down syndrome. Soon after his birth she became active in Hong Kong's community of parents of children with special needs and has been giving her time to local charities. She is currently a yoga instructor at Watchdog, teaching kids under the Watchdog's regular programme.

No. of Children	4 - 6 children in each group
Time	Group 1 9:15am to 10:00am [for age 4 to 8] Group 2 10:15am to 11:00am [for age 3 to 6]
Dates [Saturday]	Every Saturday
Language	English
Fees [non-refundable]	➤ \$280 per session [45 mins per session] [Your child may accompanied by Parents or Carer in the class – one adult free of charge]
Venue	Watchdog Early Education Centre, Borrett Road, Central, HK [Tel. 2521-7364]
Deadline for Application	on-first-come-first-serve-basis
Enquiries Please Contact	Mienne Leung, Human Resources cum Project Manager Jovy Lee, Senior Administrative Assistant

Reply Slip for Yoga : Balance to the Child's Body and Mind

I would like to enroll my child in the Yoga Programme.

<input type="checkbox"/>	Group 1	9:15am to 10:00am	for age 4 to 6
<input type="checkbox"/>	Group 2	10:15am to 11:00am	for age 3 to 6

Name of Child	[English]	[Chinese]	
Date of Birth	[dd/mm/yyyy]	Sex	M / F
Age		Nationality	
School Grade		Diagnosis	
Contact Person		Relations with Child	
Email		Mobile No.	
Address			
Your expectations of this Programme			
Signature		Date	

- [1] Please note that No Refund and/or Make-up Session for your cancelled or unattended sessions for whatever reasons such as school activities, sickness, etc.
- [2] To confirm a place for your child, please kindly return the reply slip by email to:
mienne@watchdog.org.hk or joy@watchdog.org.hk
- [3] **[3a]** Then please send the original Reply Slip with the Programme Fee by post to : Watchdog Early Education Centre, G/F, 12 Borrett Road, Central, HK. Cheque payable to "**WATCHDOG LIMITED**".
Please mark the name of your child and the Group No. at the back of the Cheque.
[3b] OR by Bank Transfer into our HSBC Account No. **111-437935-001**
Account Name : WATCHDOG LIMITED
Please email the bank transfer slip to mienne@watchdog.org.hk.

Deadline for Application : on-first-come-first-serve-basis