



Mindfulness & Yoga Skills for Children and Adolescents: 115 Activities for Trauma, Self Regulation, Special Needs & Anxiety

Barbara Neiman Otr

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New and unique exercises in yoga, meditation, guided imagery and somatic explorations fill this comprehensive skills guide. This book is brimming with 115 practical and easy to use tools and stories supporting critical life skills for families, classrooms and therapy sessions.

Holistic strategies include:

Meditation to support body-mind-spirit connection

Yoga pose adaptations for Autism, sensory processing & special needs

Trauma sensitive and grounding guided imagery

Parenting tools to tune to our somatic self and enjoy silence and nature

Designing a personal mantra and contemplation

Classroom interventions for building life skills

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