Yoga Webinar Series:

Introducing Yoga for Children with Visual and Multiple Impairments: A new publication from TSBVI

September 29th, 2016

3pm-4pm

This broadcast will be recorded.

Facilitated by

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Developed for

Texas School for the Blind & Visually Impaired
Outreach Programs
Outreach Programs Events Update:

- For upcoming webinars: http://www.tsbvi.edu/2015-10-17-20-13-33/webinar-listings
- For upcoming workshops and conferences: http://www.tsbvi.edu/2015-10-17-20-13-33/outreach-workshops-conferences

Housekeeping

- Download handouts and sign-in roster
- Send sign-in roster to keithc@tsbvi.edu or fax to 512-206-9320
- Make sure you registered and complete evaluation within 60 days including code for ACVREP/SBEC credit

View captions in a separate window at https://tcc.1capapp.com/event/tsbvi/embed
- Part 1 of code: will be announced at the start of the webinar only. After 3:15 PM you will not be able to get this information, so please do your best to be on time.

Adobe Connect Webinar Tour

- For tips about screen navigation go to http://www.connectusers.com/tutorials/2008/11/meeting_accessibility/
- Location of pods
- Power Point content included in your handout
- Poll participation – enter response in chat if you cannot access the poll

Link to enter room: http://tsbvi.adobeconnect.com/yoga/
Yoga Webinar Series:
Introducing Yoga for Children with
Visual and Multiple Impairments:
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Poll Question: How much experience do you have with yoga?
A. None, but I am excited to learn.
B. I’ve done yoga sparingly.
C. I practice yoga regularly but haven’t yet taught it to my students.
D. I already teach yoga to my students.

Today You will Learn
• WHAT yoga is and what it is not
• WHY kids with visual (and multiple) impairments benefit from yoga
• HOW to start a yoga “class” for students with visual (and multiple) impairments.
• A yoga sequence that you can use TODAY!

Kassy (about me)

Figure 1 Kassy seated on a yoga mat holding her infant son, Roman.

• Former preschool teacher
• TVI
• Certified Orientation and Mobility Specialist
• Registered Yoga Teacher (RYT200)
• Certified Radiant Child Yoga Teacher
• Mom of two
What is Yoga

“Yoga” – To Unite

• Union of the Body, Mind, and Breath
• Language: Sanskrit
• Form of exercise that uses the mind and breath to strengthen and calm the body

What Yoga is NOT

For our purposes, yoga is NOT

• Yoga is NOT a religious or spiritual practice.
• Does NOT include prayers, deism, or honoring any other presence besides thyself.

Benefits of Yoga (for anyone)

Figure 2 Student standing on yoga mat in Warrior 1 pose.

• Increases oxygenation of the blood
• Increases strength
• Lowers stress levels
• Increases self-efficacy skills
• Increases happiness and health through exercise
• Increases flexibility

Benefits of Yoga for Children with Visual Impairments

• Creates a safe space for positive movement experiences
• Increases motor planning
• Increases self-determination/ leadership skills
• Increases motor development, spatial awareness, proprioceptive awareness
WHY students with Visual impairments NEED structured movement opportunities

Vision is a Motor Motive

• Watches mom
• Learns movement incidentally
• Movement is MOTIVATING
• Movement is SAFE
• Lack of incidental learning.
• Movement patterns may be delayed.
• Structured movement classes provide a safe environment to facilitate movement.

• Children with visual impairments' motor development is parallel to those without visual impairments until 4-6 mo, when they start to lag due to lack of motivation to move.
HOW to start a Yoga “Class” with students with Visual Impairments

Let’s Define Yoga “Class”

Figure 6 Students at TSBVI sitting in chairs with their arms lifted above their heads.

• Can look like a variety of experiences.
• 1:1
• Many teachers, students
• In a classroom for 5 minutes
• In a pull out situation in a gym.

Yoga Environments – What to Look for

• Lighting
  o Soft, but adequate lighting
  o Can turn off lights
  o No glare from windows
• Sound
  o Quiet environment
• Space
  o Free of obstacles, extra clutter

Figure 7 A picture of floor space in an office.

Figure 8 Students practicing yoga in an open space in a classroom.
Yoga Routines

What is a Yoga Routine?

- “A routine is an instructional strategy developed to increase the level of participation in activities for students who require consistency and repetition in order to learn.”
- Routines provide consistency of expectations and anticipation of what is coming up so that the students can focus on practicing new skills.
- [http://www.tsbvi.edu/therapy/routines.htm](http://www.tsbvi.edu/therapy/routines.htm)

General Yoga Routine

1. Breathing
2. Movements
   a. Seated/ Warm up
   b. Standing
   c. Cool down
3. Relaxation
4. Valediction

General Yoga Routine: Additional Expectations

*Enter room, store belongings, gather/unroll cane, take off and store shoes.*

1. Breathing
2. Movements
   a. Seated/ Warm up
   b. Standing
   c. Cool down
3. Relaxation
4. Valediction

*Put on shoes, roll/store mat, gather belongings, exit room*

Introducing a New Movement to a Student with a Visual Impairment

Levels of Assistance

- Sound cues: Voice your voice or tap on an object. “Find the mat…” (tap gently on mat.)
- Physical modeling: You, the adult, do the pose. Use Hand-Under-Hand to guide them to the position of your body parts. “Do you feel how my arm is extended in a straight line out from my body?”
- Physical assistance: Use gentle physical prompts to assist the students’ body into the pose. “Do you mind if I touch you? I am going to help you bend your knee.”
Different types of kids need different types of yoga sessions

Yoga for Young Students and Students with Multiple Impairments

Figure 10 Carolina and a student seated, facing one another. The palms of their hands are clasped in front of their bodies.

• Combine songs with movements.
• Consider a short (7-10 pose) sequence.
• Get other adults or sighted peers to help!
• Keep it light hearted and fun!

Yoga for Middle/High School Students

Figure 11 Student in a seated twist position on a yoga mat.

• Sequence can be longer.
• Can put more emphasis on moving the body correctly.
• Less help may be needed.
• More of a calming or workout focus, less of a silly/fun time.

Your Yoga Sequence

Energizing Yoga Sequence

Breathing: Tune In
Movement Sequence:
1. Rock and Rolls Pose
2. Seated Twist Pose
3. Mountain Pose
4. Moon Pose
5. Waterfall Pose
6. Warrior 1 Pose
7. Downward Facing Dog Pose
8. Cat-Cow Pose
9. Child’s Pose

Relaxation
Valediction
Your Yoga Class, in Action

Prior to class starting, the students enter, store their belongings, unroll their mats, take off their shoes, and sit facing the “front” of the room. You, the teacher, have already cleared any obstacles. You have set up the room by placing the yoga mats near the door. Soft music is playing.

Breathing

![Image](image1.png)

Figure 12 Student seated with her legs crossed on a mat. Her palms are together at her chest.

- Begins the routine.
- Hands at heart center, “Namaste pose”
- Allows students to bring their mind to focus on what they are doing.
- Modification: Sit on a cushion if knees or hips are uncomfortable.

Rock and Rolls Pose

![Image](image2.png)

Figure 13 Student laying on her back, hugging her knees into her chest. She is lifting her head up towards her knees.

![Image](image3.png)

Figure 14 Student is sitting with her knees up towards her chest. She is hugging her knees.

- Provides gentle warm up of the spine.
- Engages the abdomen.
- Modification: Assist student by helping them sit up from the back, not the front.
- Concept Development: up/down, in/out
Seated Twist Pose

Figure 15 Student seated with her legs crossed in front of her. She is twisting face her right side. One hand is on the mat behind her and one hand is on her knee.

- Gently warms up the spine.
- Crosses midline.
- Concept Development: front/back, left/right, up/down
- Modification: Sit on a cushion if knees or hips are uncomfortable.

Mountain Pose

Figure 16 Student standing on a yoga mat with his hands by his sides.

- Begins the standing portion of the sequence.
- Allows student to re-center their attention on the breath.

Moon Pose

Figure 17 Student standing on a yoga mat. His hands are clasped above his body and he is leaning to his right.
Figure 18 Student standing on a yoga mat. His hands are clasped above his body and he is leaning to the left.

- Energizing pose.
- Strengthens the breathing muscles, posture, and the arms.
- Concept Development: up/down, left/right

**Waterfall Pose**

Figure 19 Student standing on a yoga mat. His hands are lifted above his body.

Figure 20 Student leaning forward with his hands down towards the ground.

- Energizing pose.
- Allows for greater flexibility in spine.
- Concept Development: up/down
- Precaution: Have student slowly come to standing if they have low blood sugar, high blood pressure, or get dizzy.
Warrior 1 Pose

Figure 21 Student standing on a mat. He has one foot forward and his arms are raised.

- Grounding pose.
- Builds confidence because it is a “Power Pose.”
- Strengthens the arms, legs
- Increases proprioception through the feet.
- Precaution: Do not allow the front knee to come in front of the ankle.

Downward Facing Dog Pose

Figure 22 Student on yoga mat in Downward Facing Dog Pose

- Increases proprioception through the hands and feet.
- Facilitates weight bearing on hands.
- Can be very difficult for our students. Start them off in All Fours first.
Cat-Cow Pose

Figure 23 Student on all fours on yoga mat

Figure 24 Student on all fours on a yoga mat. His back is arched upwards and his chin is tucked.

- Gently energizing AND calming pose.
- Increases proprioception through hands, knees, and feet.
- Stretches the spine.
- Facilitates weight bearing on hands.
- Concept Development: up/down,

Child's Pose

Figure 25 Student in Child's Pose on a yoga mat

- Very calming pose.
- Stretches the hips and low back.
- Increases proprioception through the hands, head, and feet.
- Perfect pose to help transition before Relaxation.
Relaxation

Figure 26 Student laying on his back on a yoga mat.

• The HARDEST pose of all.
• Allows students to rest and finish the class.
• Have students stay in Relaxation for at least 5-10 minutes.
• Play soft melodic music. Turn off the lights.
• *Eye pillows, blankets, lavender lotion.

Valediction

Figure 27 Student seated with her legs crossed on a mat. Her palms are together at her chest.

• Sets the end of the yoga routine.
• Say “Namaste”, which means “I honor you”, or “The light in me honors the light in you”. Can say other words, gestures, etc..

Extra Considerations

Other Things to Think About

• Support from administration
• Support from paraprofessionals
• Extra time to gather materials, declutter room, etc..
• Student ratios
• Organization of room/ Layout of mats

Parts 2 & 3 What to Expect

• Part 2: How to teach yoga to children with visual and multiple impairments
• Part 3: How to incorporate yoga into the academic learning of children with visual impairments
Q&A Discussion

- Leave your question in the comments so we can help you.
- How can you bring yoga to your students?
- What are some obstacles you might face? Let’s problem solve together.

Figure 28 Student seated with her legs crossed and her hands at her heart.

Resources

- Millie Smith article on Routines
  http://www.tsbvi.edu/component/content/article/1733-routines

- Buy the book! Yoga for Children with Visual Impairments

- Kids' yoga music resources: Come Play Yoga, Karma Kids Yoga:
  http://www.karmakidsyoga.com/ComePlayYoga.html

- Radiant Child Yoga series
  http://www.cdbaby.com/cd/shaktakaurkhalsa

Next Meeting

December 8th 2016 3-4pm
Thanks for joining us!
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