

What we offer:

- * A six week course for parents and children with additional needs to enjoy with other families & learn tools to take home
- * Group and 1:1 intervention for additional needs in school settings for children with social, emotional, physical & ASC spectrum needs
- * Workshops & on-going support for professionals & parents.



Who are we?

Autumn Blossoms



Emily Winter

PGCE (Cert) QTS
Children's Yoga Teacher
NASENCO: Post Graduate Diploma in Supporting Vulnerable Learners
Clinical Diploma in Aromatherapy & Massage

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Yoga with Debs



Deborah Grossman

Yoga Teacher -qualified to teach babies, children, teens & adults
Special Yoga for Autism & ADHD
Movement Based Learning (MBL)
Practitioner
Birthlight Baby & Toddler Yoga Teacher

Website: www.yogawithdebs.org.uk

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Phone number: 0785 753 7905

**Please call us to discuss your needs.
This course was written & developed by
Emily and Deborah.**

Yoga & Sensory Balancing Courses for Children

with Autumn Blossoms
& Yoga with Debs



Yoga & sensory balancing for children with additional needs and their parents. based on the principles of movement, body work, breathwork & exploration.

About Us

From our experience working with children with additional needs, we developed a programme which incorporated the elements of yoga to bring about movement, sensory balancing and calm.

Using our programme, we create packages and course content that are as unique as each child.

Our sessions are designed to bring about calm, relaxation, strength and core stability, balance and integration of the vestibular system.

We plan our sessions with around each child. Expect lots of fun, giggles and blissful relaxation.



Mirroring, interacting and engaging the core

Our Programme

Each session is based on the principles of movement, body work, breathwork and exploration. This approach creates a space for exploration, inspiration and sharing and an opportunity to develop yoga as a joyful and calming tool in the home.

Six sessions which build upon each other, each focusing on a different discipline:

- * Yoga
- * Balance
- * The Breath
- * Movement Based Learning
- * Mirroring and Interaction
- * Massage and Sensory Integration
- * Aromatherapy Oils as prescribed by Clinical Aromatherapist

Everything in our programme is an invitation and not an obligation. We know it is our responsibility to create an environment and plan sessions where each child can grow and develop at their own pace.

What people say about our work:

Teachers say:

"... the deep breathing exercises are extremely helpful for him and a strategy we have been teaching him to use when he is in his calm area in school."

".. noticeable changes in his behaviour and is able to articulate his feelings and needs much more than he was before."

"The sessions have helped ...to recognise how he is feeling and he is becoming increasingly aware of his emotions and how to tell the adults what he needs."

"...he is able to attend and focus much more effectively and readily during group focus sessions."

Parents say

"The whole programme was useful; the group worked really well and Emily and Debs were fantastic"

"I learnt a lot of strategies to support ... with his core and relaxation techniques"

References available please ask