



# Yoga for Children with Autism Spectrum Disorders: A Step-by-Step Guide for Parents and Caregivers

*Dion E. Betts, Stacey W. Betts*

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## **Yoga for Children with Autism Spectrum Disorders: A Step-by-Step Guide for Parents and Caregivers** Dion E. Betts, Stacey W. Betts

Having successfully used yoga to combat the stress of their own busy lives, Dion and Stacey Betts discovered its potential for their son Joshua, who has Asperger Syndrome. This fully-illustrated book combines the authors' professional expertise with their experience of parenting, offering a range of gentle and fun yoga positions and breathing techniques that are effective in dealing with the increased levels of anxiety, disorientation and tactile sensitivity often found in children with autism spectrum disorders (ASDs). The authors give step-by-step descriptions of warming-up, strengthening, calming, and tension-releasing exercises that are suitable for reducing coping mechanisms, such as hand-flapping, and increasing muscle tone, muscle strength and body awareness. They also offer a range of short and long sequences that can be tailored to fit the needs of the individual child. Yoga for Children with Autism Spectrum Disorders is ideal for parents and caregivers who want to use simple yoga techniques to help children with ASDs overcome some of the symptoms of the disorder.

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