

ABOUT THE TRAINER



Mel Campbell is an Occupational Therapist advanced sensory integration practitioner working with children with developmental trauma using the principles of sensory attachment. She has been teaching yoga for over 15 years and brings to her practice the understanding of how yoga can support young people to develop resilience and self-awareness and self-regulation.

HOW TO BOOK

Book online to secure your place:

www.beaconhouse.org.uk/training

Please read the below terms & conditions before booking a place

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SENSORY PROCESSING YOGA

A practical workshop for adults to support children

Gain a good understanding of the therapeutic practice of yoga to support children with sensory processing difficulties and sensory attachment, and how this can support self-regulation, body awareness and motor skills with simple routines and practical techniques to use at home and in school. We will combine theory and practice, engaging in various forms of yoga through the practice of postures, breathing techniques and relaxation. **The key aims for this workshop are:**

- Understanding the effects on the nervous system on self-regulation
- Sensory integration and neuroplasticity and how yoga fits
- How poses, breath work, meditation, and relaxation have an impact on the nervous system.
- Develop tools to support sensory motor disorders - Dyspraxia, Postural Motor Disorder
- Sensory Modulation - How to balance and support the nervous system with yoga

COURSE REQUIREMENTS

No previous knowledge required. Aimed at teachers, SENCOs, parents, teaching assistants and therapists (18+). Please feel free to bring your own yoga mat however mats will be provided if needed.

IMPORTANT INFORMATION

Please wear loose comfortable clothes e.g. t-shirt & joggers. Refreshments are provided, please bring a light lunch.

PAYMENT FOR THIS COURSE IS MADE UNDER THE FOLLOWING TERMS & CONDITIONS:

Courses are refundable up to 30 days prior to the date of the course. Any cancellation with less than 30 days notice are NON-REFUNDABLE. You may send a substitute delegate providing s/he meets the course criteria. We reserve the right to cancel the course date, in this case we will notify you by email as early as possible, and advise you of an alternative date or provide you with a full refund. In the event of a course cancellation under 7 days' notice, a new course date or refund will be organised for you. Under no circumstances are Beacon House are liable for any travel expenses, childcare, potential loss of income or any associated costs.