



Yoga for the Special Child

Basic Certification Program

with **Sonia Sumar**

17th-23rd May 2017

Quinta da Calma, Almancil, Algarve, Portugal

"An excellent therapeutic program--clear, comprehensive, and compassionate. I was particularly impressed by the profound transformation in Sonia's Students, which came as a direct result of their practicing Yoga."

-Dean Ornish, M.D., author of Dr. Dean Ornish's Program for Reversing Heart Disease

THE PROGRAM:

This course is open to occupational and physiotherapists; yoga instructors and students; and families of special children.

Yoga for the Special Child®, LLC is a comprehensive Program of Yoga techniques designed to enhance the natural development of children with special needs. Sonia Sumar's style of therapeutic Yoga is gentle and safe for babies and children with Down's Syndrome, Cerebral Palsy, Microcephaly, Autism and other developmental disabilities. These methods also provide an effective treatment for children diagnosed with Attention Deficit Disorder, ADHD, and Learning Disabilities.



Sonia Sumar, founder of the Yoga for the Special Child® Program, is an internationally renowned Yoga therapist and author. She has been teaching yoga therapy for 40 years. Her innovative methods have been improving the lives of children with special needs in South America, USA, Europe and Asia.

Sonia Sumar's pioneering work with special needs children is recognized internationally. When her second daughter Roberta was born with Down's Syndrome, Sonia used Yoga as an early intervention therapy for her. Over the years, her daughter was able to achieve near-normal test results in school and function socially and physically on par with other children her age. Sonia expanded her Yoga Therapy System to include children with other learning and developmental disabilities. Yoga for the Special Child®, LLC significantly enhances the child's physical, mental and emotional developments in a safe and gentle manner.

Sonia is a member of and recognized by Yoga Alliance; IYTA (Integral Yoga Teachers Association); YREC (Yoga Research Educational Center); and IAYT (International Association of Yoga Therapists).

COURSE FEES 550€ BOOK BEFORE 31 January 2017: 450€

Upon booking, a 50% deposit is required - Maximum number of participants: 22

Program: Wed 17th - Mon 22nd - Daily program 9.00am - 4.30pm & Tues 23rd- 9.00am-11.00am

If you require accommodation at Quinta da Calma, please email: info@quintadacalma.com

Location: Quinta da Calma, Almancil, 8135, Algarve, Portugal

Enquiries and bookings contact Lucy Cannon (Luckshmi): luckshmi108@gmail.com