



*Northwestern Illinois Association
Therapy Department
Presents*

**Yoga and Pilates Therapy
For the Special Needs Child
By
Angelique Micallef-Courts
October 18 & 19, 2010**

Course Description

Are you frustrated when the children you are treating do not achieve the expected outcomes? This extensive Lab workshop will arm you with new tools to incorporate into your therapeutic approach. Learn to integrate Pilates and Yoga exercise techniques to improve strength, core stabilization, flexibility, self regulation, sensory processing, body awareness and more.

The course is designed for children from the premature infant in the NICU to the School Age child with:

Cerebral Palsy
Downs Syndrome
Spina Bifida
Autism
ADHD
Sensory Processing Disorders
Low or High tone, or Fluctuating tone
Mild Mental Retardation
Hard of Hearing

Course Objectives

- To distinguish the differences and therapeutic benefits of Yoga and Pilates exercises with children with special needs.
- To make home programs using Yoga and Pilates exercises to help with therapeutic goals of increased strength, flexibility and core control.
- To be able to demonstrate and teach effective breathing exercises to help within therapeutic treatments with children with special needs.

Monday, October 18, 2010

8:30-9:00 Registration/Continental Breakfast
9:00-9:30 Introduction to Mind-Body Techniques
9:30-10:00 Yoga and Chakras:
Clinical Implications to Pediatrics
10:00-10:15 **BREAK**
10:15-11:15 Pilates; Pediatric Core Strengthening
11:15-12:00 Breathing Exercises:
Pilates Breathing
Yoga Pranayama-Breath Techniques
12:00-12:45 **LUNCH**
12:45-3:00 Yoga ASANAS Lab - Yoga Postures
3:00-3:15 **BREAK**
3:15-4:15 Pilates EXERCISES Lab:
Techniques to Strengthen Target Areas:
Arms, Legs, Back, Abdominals
Targeting Techniques to your Target
Population

Tuesday, October 19, 2010

8:30-9:00 Continental Breakfast
9:00-9:30 Yoga and Pilates Games
9:30-10:15 Yoga and Pilates Sequencing -
Seated and Standing Sequences
10:15-10:30 **BREAK**
10:30-11:15 Sequences for Strengthening Arms,
Back, Abdominals and Legs
11:15-12:00 Sequences Addressing Clinical Goals -
Head Control, Sitting, Crawling, Standing,
Upper/Lower Extremity Control and
Calming the Aggressive Child:
Autism, Hypotonia, Spasticity, Sensory
Defensiveness, Aggressiveness, Anxiety
12:00-1:00 **LUNCH**
1:00-2:00 Partner Poses and Group Exercise
2:00-3:00 Home Programs for Specific Pediatric
Populations:
Autism, NICU Graduate, CP, Down Syndrome,
LD, Children with Sensory Processing Issues
3:00-3:15 **BREAK**
3:15-4:15 Designing Yoga/Pilates Exercise routine
Specific to your target pediatric population
Yoga and Pilates within the Therapeutic
Models, Questions and Wrap-Up

Instructor

Angelique Micallef-Courts BScOT(c), OTR/L is a pediatric occupational therapist in Orlando, Florida. She is a graduate from the University of Toronto-Canada. She has over 15 years of clinical experience as a pediatric occupational therapist in a variety of settings. She is also a Master Fitness Instructor with certification in Yogfit, NASM (National Academy of Sports Medicine), EFL Sports Medicine and Body Training Systems and Aquatic Exercise. Her children programs have been recognized nationally and locally as newsworthy. She is also the creator of the exercise program and DVD "Giggleyolates" which is the first ever exercise DVD that includes children with disabilities exercising along side children without disabilities.

Course Requirements

Please bring a yoga mat or blanket and wear comfortable clothing for the lab portion of the workshop.

Continuing Education Credit

12 Contact hours will be awarded to participants. The Northwestern Illinois Association is an approved Continuing Education Sponsor for Physical and Occupational Therapy through the State of Illinois and for teachers through the Illinois State Board of Education.

LOCATION

Regional Office of Education (ROE)
2500 N. Annie Glidden Road,
Blank Slate Room
DeKalb IL 60115 (815) 217-0460

For more information contact: Jan Wahlbeck
at (630) 513-6781, extension 302 or email
at jwahlbeck@thenia.org.

REGISTRATION

Yoga and Pilates Therapy for the Special Needs Child

SEMINAR FEE: \$280

Early Bird before : September 15, 2010 : \$250

Space is limited. You will receive confirmation by email. We do not accept purchase orders or credit cards.

Name: _____

Occupation: _____

E-Mail Address: _____

Home Phone: _____

Work Phone: _____

Address: _____

Special Needs Required: _____

Hotel Information Requested: _____

A box lunch may be purchased at a cost of \$9.00 per day. Sandwich choices include Turkey, Roast Beef, Ham, Tuna or Chicken Salad, Vegetarian. Soft drink, chips and seasonal fresh fruit are also included. *Money and order must be received at the NIA office no later than October 8th; no exceptions will be made.*

Indicate Sandwich choice: _____

Make checks payable to and mail registration to:

Northwestern Illinois Association

Therapy Department

Attn: Jan Wahlbeck

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