

S.T.O.P.

Soft face & shoulders · Take breaths · Open chest · Posture check

and Relax[®]

Yoga-Based Relaxation Training with Therapeutic Benefits for Special-Needs Students

S.T.O.P. and Relax provides yoga-based relaxation training, with therapeutic benefits, for students with special needs. It was designed by a team of experts in yoga therapy, autism education and school psychology.

Age Range: 3 years to adult

- An adaptable curriculum with visual guides to teach self-calming and build resilience
- An innovative curriculum for varying ability levels
- Designed by a team of experts in yoga therapy, autism education, and school psychology

Used Successfully With:

- Autism Spectrum Disorders
- Sensory Processing Disorder
- Attention Deficit/Hyperactivity Disorder
- Communication Disorders
- Anxiety



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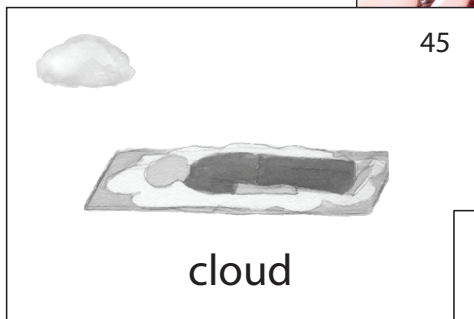
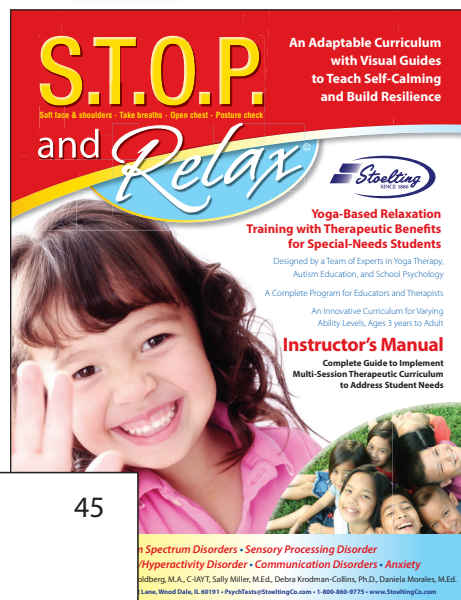
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Kit Contains Everything Needed to Lead a Multi-Session Course

- Easy-to-follow Instructor's Manual
- 55 Instructor Cards Describing Yoga Poses and Goals
- 55 Visual Cue Cards Demonstrating Yoga Poses in Easy-Flip Easel
- Interactive Cards to Focus and Guide Poses
- 25 Lesson Plans from 5 to 30 minutes
- Student Story Books to generalize skills
- Progress Monitoring Tools
- Permission Slips for school use
- Posters: Rules for Relaxation, 4-step "S.T.O.P." coping skill sequence
- Audio: Music for Dreaming[®] by Rich Foss (selected tracks), Guided Breathing, "Floating on a Cloud"





Praise for S.T.O.P. And Relax[®]


"The curriculum and ease of preparation are so impressive. My students frequently say, 'I love this class!'"

—J. Lambert, Autism Tutor, Virginia

S.T.O.P.

S Soft face, soft shoulders 

T Take 5 S-L-O-W deep breaths 

O Open my chest 

P Posture check 