

## **ASSISTED PASSIVE YOGA - Janette Colbridge Vaze**

This assisted passive yoga session enables key staff to work with students on a one-to-one basis, sharing love, compassion, positive energy and appropriate touch. It runs for approximately 25 minutes and includes a short relaxation.

This passive session is based on the traditional Satyananda style of classical yoga and is perfect as a yoga therapy for those who cannot perform classic yoga asana (postures) actively, find instructions hard to follow and for those more active students who need to learn to be calm, be still and relaxed. It is also a perfect adjunct to physiotherapy and hydrotherapy and is perfect for students on a sensory diet.

During the session, staff will gently take the joints of the student through some of the normal range of basic body movements, from the neck, to shoulders, elbows, wrists, fingers, to hips, knees, ankles and feet. Care is taken to observe any restriction at the joints, excessive muscle tone/spasticity or flaccidity and misalignment so that it can be fed back to physiotherapy. Progress and change is to be actively discussed and sensory and emotional responses noted.

The soundtrack is designed to weave simple movements with key healing mantras (sacred sounds) from different spiritual/cultural traditions, with selected sounds from Nature (running water, birdsong, rain) and with relaxing lullabies. Each track has been designated a specific set of movements to reflect the style and rhythm of the music.

Simple apparatus, such as mini maracas and chiffon scarves help to make the session a more sensory and pleasurable experience for the children. The spraying of a lavender essential oil mist at the start of the session sets the mood and the use of lavender bags helps to calm the children during the final relaxation. The use of a Chinese paper fan not only offers another tactile stimulus, but is symbolic of the importance of breath in yoga and in our lives, also reminding us that we are all inextricably linked to the natural world and to each other through our breath.

We share a verbal and mudric (hand gesture) '*namaste*' to terminate the session, as a sign of respect, as a thank you and as a recognition of the light that shines within the hearts of all the children we have worked with.