



## What is Svaroopaa® Yoga?

Svaroopaa® Yoga is a deeply therapeutic style of yoga that uses props, breathing, a focus on awareness and precise alignments to help release the very deepest layers of tension stored in the muscles supporting your spine. This core opening unravels and melts away the deep layers of stress and tension throughout your body and mind creating a sense of well being and more. Svarupa means "your own true form". You can then meet the bliss within, and experience your own divine essence.

Svaroopaa® Yoga is unique. The poses are done in supported ways for spine and muscle relaxation which promotes physical healing and inner well being. No prior yoga experience is required. This style of yoga is adaptable to most ages, shapes, and physical ability.

## What will a group yoga session look like?

Think about softening, deepening, Think about lengthening, expanding, relaxing. Think about a dancing cloud.

Through breath, yoga postures, simple effortless movements and deep relaxation, students are exposed to the amazing benefits of self-care and yoga.

Participants receive support through guided directions, calming music and visuals.

## Benefits of Yoga for your Special Child

Yoga for your Special Child is primarily a holistic therapy, and as such, its main objective is to enhance all areas of a child's development.



### Specific Benefits for Down syndrome

- \* Help the Internal Organs
- \* Balance & Revitalize the Endocrine Glands
- \* Facilitate Development of Body Awareness, Concentration and Memory



### Specific Benefits for Cerebral Palsy

- \* Reduce High Muscle Tone
- \* Stretch & Realign the Spine
- \* Develop Greater Range of Movement & Coordination



### Specific Benefits for Microcephaly

- \* Increase Oxygenation of the Blood
- \* Develop Greater Body Awareness
- \* Develop Enhanced Cognitive & Motor Skills



### Specific Benefits for Autism

- \* Strengthen Nervous System
- \* Gain New Motor, Communication & Skills
- \* Develop Body Awareness & Concentration



### Specific Benefits for ADD

- \* Positive Effects on the Emotions
- \* Stimulates Vital Areas of the Brain
- \* Increase Capacity for Creative Play



### Specific Benefits for ADHD

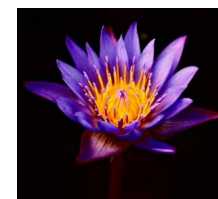
- \* Ability to Calm the Mind
- \* Balance Left & Right Hemispheres of the Brain



### Specific Benefits for Learning Disabilities

- \* Strengthen the Optic Nerve, Relax Facial Muscles
- \* Stimulate Various Centers of the Brain
- \* Facilitate Development of Body Awareness, Concentration and Memory

## Who is this yoga program designed for?



Innova Yoga offers adapted yoga classes for individuals with special needs able to participate in a group session with a minimum of 10 participants and a maximum of 30 participants.

All Children are to be 11 years of age or older.

A Special Child is to be companioned by an adult caregiver.

Each yoga series consists of six 30-minute sessions.

Pre-Registration is required. ( *Phone or Email Clare Oasis for a current class schedule and registration packet.* )

## Fee Schedule

### Six Week Series - 30 Minute Group Session

Special Child & Caregiver - \$50.00  
Each Additional Family Member

### Weekly - 30 Minute Private Session

Special Child & Caregiver - \$20.00

We recognize that children with special needs often have multiple therapies, therefore, no matter what your child's needs are, we propose one ultimate goal: **FUN!**



**MARLIS MOLDENHAUER**

My name is Marlis "Mazzie" Moldenhauer, teacher of Svaroopa® Yoga and founder of Innova Yoga. I am a Milwaukee native and attained my Inter Arts degree in Dance, Theatre and Art from the University of Wisconsin Milwaukee. I performed professionally in ballet and jazz and was a dancer, teacher, and choreographer for many years before my stress reduction and wellness studies began in 1985. Those studies include massage, Reiki, Shen, hypnosis, spiritual psychology in which I have a Masters Certificate in, and Trager® Psycho Physical Integration in which I am credentialed in the areas of somatic therapy and movement education. Yoga therapy and instruction was an obvious "fit" to my growing body and mind services and love for teaching. I have studied, practiced and taught Svaroopa® yoga as a Registered Yoga Teacher for the past 8 years having accumulated over 500 hours of training time acknowledged by Yoga Alliance®. After hundreds of hours of in-depth study I am now a Certified Svaroopa® Yoga Teacher (CSYT) and Embodiment® Yoga Therapist and Meditation teacher.

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**YOGA  
FOR  
CHILDREN  
WITH  
SPECIAL NEEDS**

*TOGETHER WITH...*



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