



Happy Yoga

for Neurodiverse Children



Early yoga practice with breathing and relaxation techniques positively impacts children's body and brain development.



Trained in

- Autism
- Sensory processing challenges
- Down Syndrome
- Cerebral Palsy
- ADHD

- *Increases strength and flexibility*
- *Regulates motor coordination*
- *Enhances posture*
- *Develops body awareness*
- *Improves focus and concentration*



AGES 4-12



Contact-

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Online | In-person class