



*Where the green light for success is always on!*

Many children on the autism spectrum don't have extra-curricular outlets, so our goal was to provide a safe haven where our participants have the opportunity to be themselves, make friends, and most of all have fun! Kidz Stop Inc. is a non-profit afterschool therapeutic program that was created so that kids would receive therapy through the arts. For the Spring Semester 2014, Kidz Stop was given the opportunity to partner with Ashrams for Autism, a charitable foundation that creates yoga programs for individuals with autism. Given their similar mission statements, Ashrams or Autism was the perfect fit for Kidz Stop.

Instructor and founder, Sharon Manner and her team at Ashrams for Autism led our 8-week Kidz Stop yoga program. Sharon is a spiritual and peaceful woman who radiates positive energy. Her understanding and compassion for the autistic population runs deep within her as one of her four adult children is on the spectrum. Her calming spirit set the atmosphere, which allowed our classes to flow smoothly. Sharon and her team taught our children a series of poses based on the Samadhi Spectrum Teacher Training which also incorporates Applied Behavior Analysis (ABA) techniques that help children learn to regulate their own behaviors. Within the first 3 weeks parents described a positive difference in their child's behavior, along with a feeling of relaxation after each yoga session.

Aside from teaching the actual yoga poses, Sharon also took a holistic approach where she incorporated aromatherapy techniques that aided in peacefulness and relaxation. She also has a wealth of knowledge as to the importance of healthy living. After each session Sharon and her team always made time to converse with parents and respond to questions, concerns, and compliments. Sharon has seen yoga transform the lives of individuals on the Spectrum. In her own words, she says that, "the science of yoga as a therapeutic tool and lifestyle can help heal and balance anyone on every level, physically, emotionally, mentally and spiritually. Our body and minds want to be healthy and in balance." Due to the positive feedback from parents and participants, we hope to partner with Ashrams again in the fall!

We hope you'll join us!