

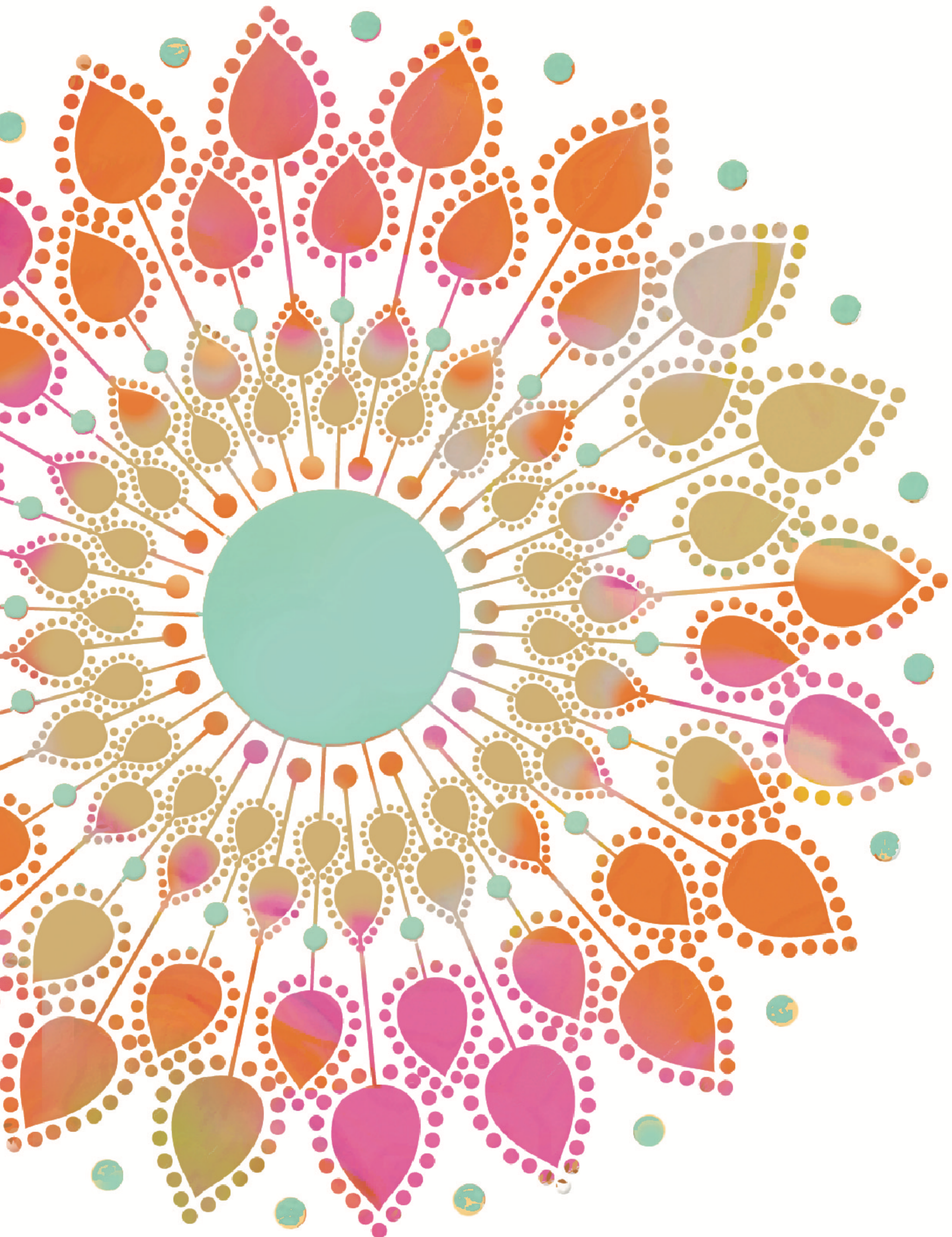


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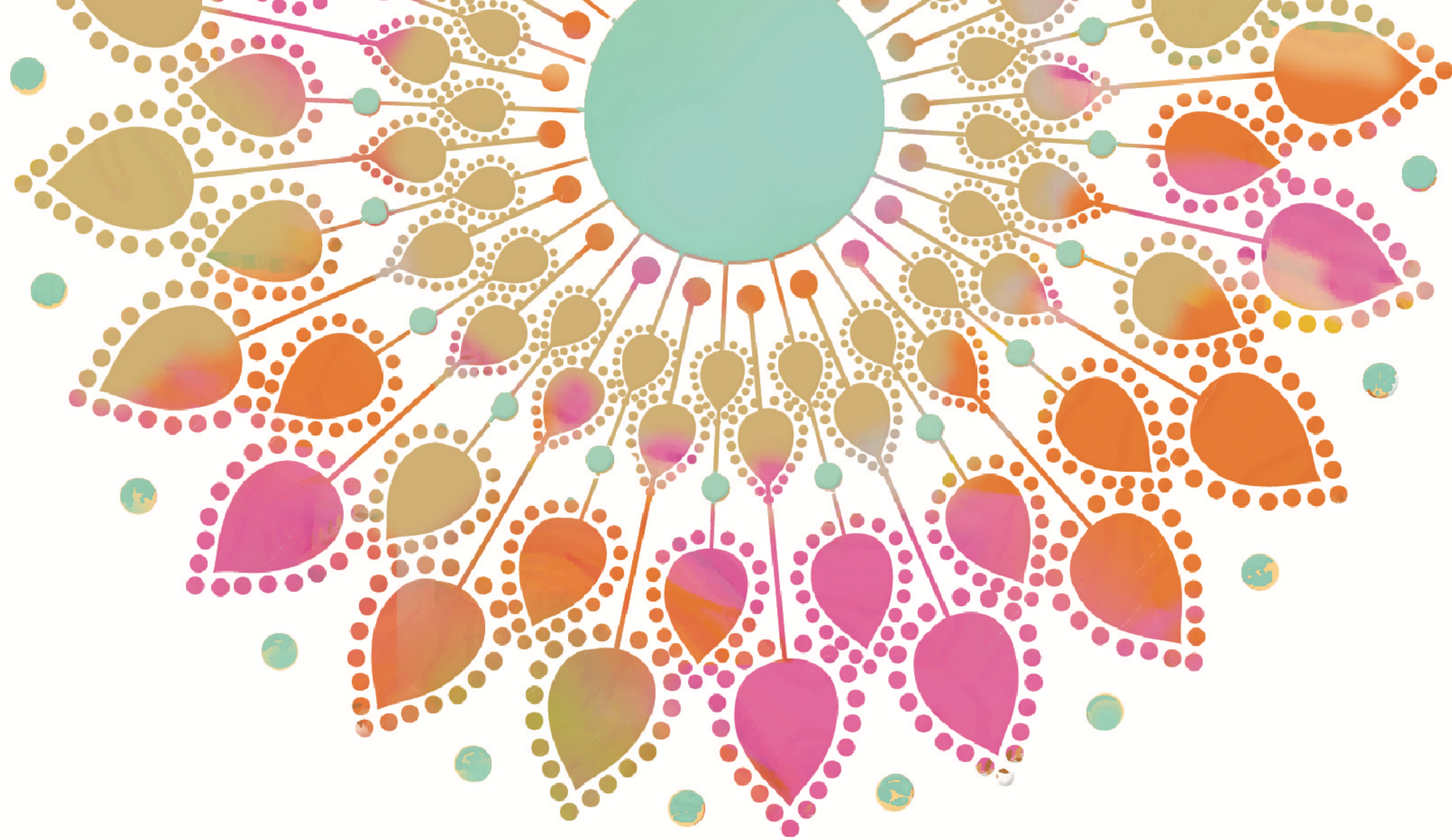
Welcome!

Community Support Network Transition Institute 2022



Yoga as Intervention

Presented by Yael Sunshine,
MAT/SPED, C-IAYT



What are the therapeutic components of Yoga?

Asana (Posture)



Kriya (Specific Action)



Pranayam/ Breath





Sound Current (including Mantra)





Mudra/ Hand Position





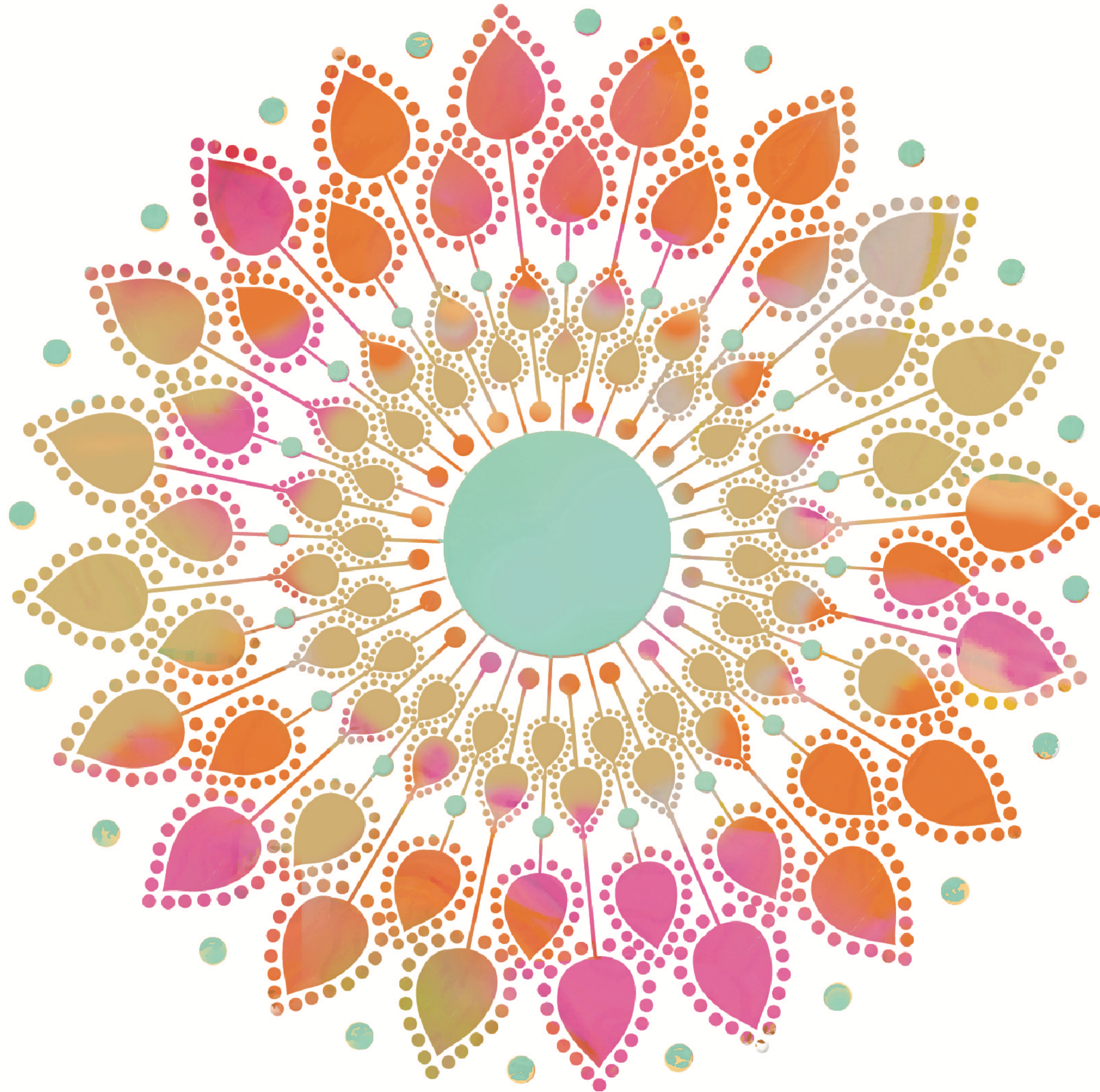


Deep Relaxation



Meditation





Questions?

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