

Suggested Readings

Enhancing Your SLP Toolbox with Multidisciplinary, Holistic Yoga Techniques to Promote Readiness for Learning

By Kim Hughes, MA CCC-SLP, 200 RYT and
Amy Roberts, MS CCC-SLP 200 RYT

Books:

Breath. James Nestor

Sensory Integration and the Child. Ayres, Jean A.

The Pocket Guide to the Polyvagal Theory: The Transformative Power of Feeling Safe.
Porges, Stephen W.

The Yamas & Niyamas: Exploring Yoga's Ethical Practice. Adele, Deborah.

Yoga and the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga.
Little, Tias.

Yoga Anatomy. Kaminoff, Leslie and Matthews, Amy.

Yoga Therapy for Children with Autism and Special Needs. Golberg, Louise.

*The Interoception Curriculum: A Step-by-Step Framework for Developing Mindful
Self-Regulation.* Kelly J.Mahler MS, OTR/L.

Research Articles:

Integrated Movement Therapy™: Yoga-Based Therapy as a Viable and Effective
Intervention for Autism Spectrum and Related Disorders

Molly Kenny, M.S. International Journal of Yoga Therapy. No.12 (2002) 71.

<http://www.peacefulpathwaysyoga.com/pdfs/Yoga-Research-Integrated-Movement-Therapy.pdf>

Integrated approach to yoga therapy and autism spectrum disorders

Radhakrishna, Shantha; Nagarathna, Raghuram; Nagendra, H

Journal of Ayurveda and Integrative Medicine 1. 2 (Apr 2010): 120-124

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3151379/>

Application of integrated yoga therapy to increase imitation skills in children with autism spectrum disorder

Shantha Radhakrishna, Sri. Ganapathi Sachchidananda (SGS) Vagdevi Centre for the Rehabilitation of Communication Impaired, Bangalore, Karnataka, India

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2952122/>

Efficacy of the Get Ready to Learn Yoga Program Among Children With Autism Spectrum Disorders: A Pretest–Posttest Control Group Design

Kristie Patten Koenig; Anne Buckley-Reen; Satvika Garg. American Journal of Occupational Therapy, September/October 2012, Vol. 66, 538-546

<https://ajot.aota.org/article.aspx?articleid=1851608&resultClick=3>

Effects of yoga on the autonomic nervous system, gamma-aminobutyric-acid and allostasis in epilepsy, depression, and post-traumatic stress disorder. Streeter, Gerbarg, Saper, Ciraulo, and Brown: Medical Hypotheses (2012).

<https://www.ncbi.nlm.nih.gov/pubmed/22365651>

25 reasons why yoga and speech and language go together. Ristuccia:

<http://www.sayitright.org/yoga-and-speech-language-pathology.html>.

The effects of yoga practice in school physical education on children's motor abilities and social behavior. Folleto, Pereira, and Valentini (2016).

[https://www.ncbi.nlm.nih.gov/pubmed/?term=The+effects+of+yoga+practice+in+school+physical+education+on+children%27s+motor+abilities+and+social+behavior.++Folleto%2C+Pereira%2C+and+Valentini+\(2016\).](https://www.ncbi.nlm.nih.gov/pubmed/?term=The+effects+of+yoga+practice+in+school+physical+education+on+children%27s+motor+abilities+and+social+behavior.++Folleto%2C+Pereira%2C+and+Valentini+(2016).)

Effects of a classroom-based yoga intervention on cortisol and behavior in second- and third-grade students: a pilot study. Butzer, Day, Potts, Ryan, Coulombe, Davies, Weidknecht, Ebert, Flynn, and Khalsa (2015).

[https://www.ncbi.nlm.nih.gov/pubmed/?term=Effects+of+a+classroom-based+yoga+intervention+on+cortisol+and+behavior+in+second-+and+third-grade+students%3A+a+pilot+study.++Butzer%2C+Day%2C+Potts%2C+Ryan%2C+Coulombe%2C+Davies%2C+Weidknecht%2C+Ebert%2C+Flynn%2C+and+Khalsa+\(2015\).](https://www.ncbi.nlm.nih.gov/pubmed/?term=Effects+of+a+classroom-based+yoga+intervention+on+cortisol+and+behavior+in+second-+and+third-grade+students%3A+a+pilot+study.++Butzer%2C+Day%2C+Potts%2C+Ryan%2C+Coulombe%2C+Davies%2C+Weidknecht%2C+Ebert%2C+Flynn%2C+and+Khalsa+(2015).)

Interventions shown to aid executive function development in children 4 to 12 years old. Diamond (2011).

[https://www.ncbi.nlm.nih.gov/pubmed/?term=Interventions+shown+to+aid+executive+function+development+in+children+4+to+12+years+old.+Diamond+\(2011\).](https://www.ncbi.nlm.nih.gov/pubmed/?term=Interventions+shown+to+aid+executive+function+development+in+children+4+to+12+years+old.+Diamond+(2011).)

Effect of mindfulness and yoga on quality of life for elementary school students and teachers: results of a randomized controlled school-based study. Bazzano, Anderson, Hylton, and Gustat (2018).

[https://www.ncbi.nlm.nih.gov/pubmed/?term=Effect+of+mindfulness+and+yoga+on+quality+of+life+for+elementary+school+students+and+teachers%3A+results+of+a+randomized+controlled+school-based+study.+Bazzano%2C+Anderson%2C+Hylton%2C+and+Gustat+\(2018\).](https://www.ncbi.nlm.nih.gov/pubmed/?term=Effect+of+mindfulness+and+yoga+on+quality+of+life+for+elementary+school+students+and+teachers%3A+results+of+a+randomized+controlled+school-based+study.+Bazzano%2C+Anderson%2C+Hylton%2C+and+Gustat+(2018).)

School-based Yoga Programs in the United States: A Survey

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4831047/>

Exploring the therapeutic effects of yoga and its ability to increase quality of life.

Woodyard, Catherine. International Journal of Yoga, 2011 Jul-Dec; 4(2): 49–54.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3193654/>

Physiological Benefits Of Yogic Practices: A Brief Review.

Madanmohan Trakroo and Ananda Balayogi Bhavanani. International Journal of Traditional and Complementary

Medicine 2016; 1(1): 0031-0043

Harvard yoga scientists find proof of meditation benefit.

November 21, 2013. Bloomberg Business

<http://www.bloomberg.com/news/articles/2013-11-22/harvard-yoga-scientists-findproof-of-meditation-benefit>

How meditation can reshape our brains. Lazar, Sara. March 14, 2012. TedXCambridge

[http://www.tedxcambridge.com/speaker/sara-lazar/.](http://www.tedxcambridge.com/speaker/sara-lazar/)

The Development of Self-Regulation and Executive Function in Young Children.

McClelland, M.M., & S.L. Tominey. 2014. Washington, DC: ZERO TO THREE.

Self-Regulation and Toxic Stress: Foundations for Understanding Self-Regulation From an Applied Developmental Perspective. Murray, D.W., K. Rosanbalm, C. Chrisopoulos, & A. Hamoudi. 2015.. OPRE Report #2015-21. Washington, DC: Office of Planning, Research and Evaluation, Administration for Children and Families, US Department of Health and Human Services.

Neuroplasticity, Yoga, and Transformation – How Yoga Affects Your Brain. Meagan McCrary. Updated: January 06, 2018. Original: April 24, 2015.

Helpful Websites:

<https://www.questia.com/library/journal/1P4-1962557936/the-effect-of-mantra-chanting-on-the-performance-iq>

<https://www.webmd.com/balance/guide/the-health-benefits-of-yoga>

<https://www.acefitness.org/education-and-resources/lifestyle/blog/5716/how-posture-affects-breathing/>

https://www.apraxia-kids.org/apraxia_kids_library/what-is-neuroplasticity-and-why-do-parents-and-slps-need-to-know/

<https://www.psychologytoday.com/us/basics/neuroplasticity>

Multidisciplinary and Holistic Benefits of Using Yoga in Your Speech and Language Therapy Sessions to Promote Readiness for Learning

By Kim Hughes, MA CCC-SLP, 200 RYT and
Amy Roberts, MS CCC-SLP 200 RYT

BREATH

- Belly Breath (diaphragmatic breathing)
- Snake breath
- Bee breath
- Lion Breath
- Joyful Breath
- Square Breath
- Spiral Breath
- Hand Breath
- Star Breath

RELAXATION/MINDFULNESS

- Find the Rainbow Colors
- 5 Senses
- Find Your Heartbeat
- Eye Yoga
- Humming
- All Forward Folds
- Savasana
- Singing Bowl Practice

MOVEMENT

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***All poses can be modified and adapted to meet your student's need**

	Pose Type	Anatomical / Physiological Benefit	Speech Benefit	Sensory Benefit
Cat/Cow Pose	Stabilizing	<ul style="list-style-type: none">• Stretches tummy, hips, and back• Strengthens spine• Flexible spine• Activates the vagus nerve	<ul style="list-style-type: none">• Exploring opening the body and coordination that with opening the mouth for different vowel sounds	<ul style="list-style-type: none">• Creates emotional balance• Grounding and centering
Child's pose	Forward Fold	<ul style="list-style-type: none">• Stretches the spine; Releases tension in the back• Strengthening pelvic muscles	<ul style="list-style-type: none">• Breathing with the mouth closed to reinforce closed mouth posture	<ul style="list-style-type: none">• Calms the mind• Encourages strong breathing

		<ul style="list-style-type: none"> • Improves circulation, which reduces • Activates the vagus nerve • headaches 		
Seated Forward Fold	Forward Fold	<ul style="list-style-type: none"> • Engages the abdominal muscles and pelvis so it closes the chain • Lengthens the spine for correct posture • Creates full breathing for vocalizing • Activates the vagus nerve 	<ul style="list-style-type: none"> • Encourages lip closure as body closes 	<ul style="list-style-type: none"> • Helps with insomnia, anxiety, fatigue • Calming/Grounding
Seated wide legged forward fold	Forward Fold	<ul style="list-style-type: none"> • Traction and lengthens the spine • Activates the vagus nerve 	<ul style="list-style-type: none"> • The ease of this pose and the arms pushing forward encourages a gently protrusion of the lips for /w/ 	<ul style="list-style-type: none"> • Calms the mind and relieves stress
Standing Forward Fold	Forward Fold	<ul style="list-style-type: none"> • Engaging and compression of the diaphragm frees up space in the back of the rib cage for more breath • Increases circulation to the 	<ul style="list-style-type: none"> • The inverted posture uses gravity to naturally bring tongue to alveolar ridge position 	<ul style="list-style-type: none"> • Inversion poses are alerting • Forward folds are calming • Calms the brain, reduces fatigue and anxiety

		<p>brain</p> <ul style="list-style-type: none"> • Activates the vagus nerve 		
Rocking back and forth and side to side	Balancing	<ul style="list-style-type: none"> • Improves core strength • Stabilizing • Promotes head and neck control • Tests postural control • Activates the vagus nerve 	<ul style="list-style-type: none"> • The quick movement to a reclined position encourages the strength and retraction required for /g/ 	<ul style="list-style-type: none"> • Boosts energy in the body • Alerting and strengthening
Modified Tree Pose	Balancing Standing	<ul style="list-style-type: none"> • Lengthens and strengthens the spine, which improves posture • Activates the vagus nerve 	<ul style="list-style-type: none"> • The balancing nature of the pose encourages prolonged vocalization of the long vowel sound 	<ul style="list-style-type: none"> • Balancing poses are alerting and focusing • Activates the vestibular system
Seated Twist	Twist	<ul style="list-style-type: none"> • Strengthens abdominal oblique muscles • Activates the vagus nerve 	<ul style="list-style-type: none"> • The twisting nature of the pose encourages quick vocalization of the short vowel sound 	<ul style="list-style-type: none"> • Calms the nervous system
Standing, wide legged forward fold with a twist	Twist Standing	<ul style="list-style-type: none"> • Lengthens and strengthens the spine • Opens the shoulders • Strengthens the core • Stretches the hamstrings, 	<ul style="list-style-type: none"> • The twisting nature of the pose encourages quick vocalization of the short vowel sound 	<ul style="list-style-type: none"> • Twisting poses are calming

		<p>calves, hips, and lower back</p> <ul style="list-style-type: none"> • Activates the vagus nerve 		
Down Dog with jump	Inversion	<ul style="list-style-type: none"> • Builds core strength and shoulder and leg muscles • Activates the vagus nerve 	<ul style="list-style-type: none"> • The inverted position allows the tongue to naturally fall to the alveolar ridge and encourages the strength required for the voicing of /d/ 	<ul style="list-style-type: none"> • Inversion poses are alerting • Lifting your energy and helping you focus • Releases extra energy • Improves sense of balance • Activates the vestibular system
Down Dog with leg lifts	Inversion	<ul style="list-style-type: none"> • Reduces stress and calms the brain because it provides circulation to the brain • Activates the vagus nerve 	<ul style="list-style-type: none"> • The inverted posture encourages the tongue to fall up and forward for // 	<ul style="list-style-type: none"> • Inversion poses are alerting • Lifting your energy and helping you focus
Plank with jumps	Stabilizing	<ul style="list-style-type: none"> • Strengthens core and back • Strengthens wrist joints • Shoulder stability • Hip opener • Activates the vagus nerve 	<ul style="list-style-type: none"> • The quick forward movement of the feet encourages lip protrusion and a quick release of air • The strength required encourages the voicing for /j/ 	<ul style="list-style-type: none"> • Mental endurance and deep focus
Sunburst	Stabilizing	<ul style="list-style-type: none"> • Spinal alignment and core strength 	<ul style="list-style-type: none"> • The forward movement of the arm 	<ul style="list-style-type: none"> • Builds perseverance and self esteem

		<ul style="list-style-type: none"> • Activates the vagus nerve 	<p>encourages a forward movement of the tongue; the strength required encourages voicing for /z/</p>	<ul style="list-style-type: none"> • Bilateral coordination
Warrior Two	Standing	<ul style="list-style-type: none"> • Improves balance and core strength • Improves circulation and respiration • Opens chest and lungs • Strengthens leg muscles • Activates the vagus nerve 	<ul style="list-style-type: none"> • The quick outward movement of the arms encourages lip protrusion and a quick release of air • Challenging the breath for a strong exhalation • Need toned abdominals to produce the airflow with strength 	<ul style="list-style-type: none"> • Standing poses are strengthening • Energizes and strengthens the entire body • Improves focus, balance and stability
Crescent or side stretch	Standing	<ul style="list-style-type: none"> • Improves core strength and posture • Stabilizing • Activates the vagus nerve 	<ul style="list-style-type: none"> • Continues movement encourages airflow 	<ul style="list-style-type: none"> • Standing poses are strengthening
Resting/ Savasana Pose		<ul style="list-style-type: none"> • Helps lower blood pressure • Activates the vagus nerve 	<ul style="list-style-type: none"> • Opportunity to rest the body including the vocal cords 	<ul style="list-style-type: none"> • Balances the nervous system by activating the parasympathetic nervous system