the elbow room

Yoga for Children with Additional Needs

YOGA ALLIANCE PROFESSIONALS
TRAINER PRO

This course is fully accredited by
The Yoga Alliance UK and
Full worldwide insurance is available

Yoga has the potential to support and empower ***children of all abilities,*** providing them with tools for self-regulation, relaxation, and confidence.

Our ***Yoga for Children with Additional Needs Teacher Training*** is designed to help yoga teachers create inclusive, supportive, and effective yoga sessions for children with diverse needs. Whether you're working in a special school, mainstream class, or community setting, this training will give you the knowledge and skills to adapt yoga practices to meet each child's unique abilities, fostering a sense of connection, joy, and wellbeing.

Join us and make a lasting impact!

Why Join This Training?

- Gain practical, hands-on techniques to enhance your teaching
- Learn how to create inclusive and safe yoga spaces
- Support the wellbeing and development of children with additional needs
- Connect with like-minded professionals dedicated to making a difference
- Benefit from over 20 years of experience delivering high-quality teacher trainings
- Learn from our amazing and experienced teacher, Tanja Thomas, who brings deep knowledge and expertise to this training

What will you learn?

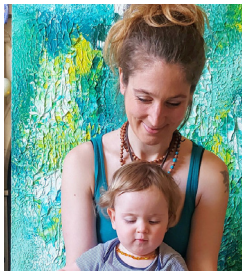
This comprehensive training explores the sensory benefits of yoga for children with additional needs. Participants will gain practical tools, including:

- ***Asana sequences*** tailored to specific conditions to promote movement, flexibility, and relaxation.
- ***Breathing and sensory techniques*** to help children self-regulate, develop focus, and manage emotions effectively.
- ***Understanding of common additional needs*** such as Autism, ADHD, Developmental Coordination Disorder, and Down's syndrome, and how to adapt yoga to their specific requirements.
- ***Techniques to create an inclusive environment***, ensuring children feel safe and supported in their yoga practice.
- ***Mindfulness practices*** to help children develop body awareness and emotional resilience.
- ***Therapeutic applications of yoga***, including the use of sound therapy, acupressure, and creative movement to support wellbeing.
- ***Collaboration strategies*** for working with parents, carers, SNAs, and teachers to enhance children's experience both inside and outside of yoga sessions.
- ***Class structuring and sequencing,*** with a focus on designing engaging, adaptable sessions that cater to a variety of needs.
- ***Practical skills*** for managing group dynamics, ensuring that each child receives individual attention while fostering a sense of community within the class.

Course Modules

1. ***Introduction & Refresher:*** Understanding additional needs and how to support children in group settings.
2. ***Asana Adaptations***: Modifying postures to suit diverse needs.
3. ***Safe Breath Practices:*** Exploring breathwork, chants, and sounds to support the nervous system and vagus nerve.
4. ***Wellbeing Add-ons:*** Learning about acupuncture points, safe and creative prop use, and simple massage techniques.
5. ***Sound & Yoga:*** Using therapeutic singing bowls and Sound Yoga with children.
6. ***Self-care Practices***: Developing strategies for maintaining your own wellbeing.
7. ***Working with Support Systems:*** Collaborating with carers, SNAs, and teachers to assist children in yoga.
8. ***Invisible Disabilities:*** Supporting children with anxiety and other hidden challenges in mainstream classes.
9. ***Class Planning & Sequencing:*** Structuring classes for mixed additional needs groups in schools and community settings.

Your Instructors



Tanja Thomas

Tanja has been teaching yoga for children, including those with additional needs, in studios, schools, camps, libraries, and festivals nationwide since 2014. An advanced therapeutic yoga teacher certified with SpecialYoga UK, she integrates therapeutic sound massage and sound yoga (Peter Hess method) into her sessions.

With expertise in using yoga as a therapeutic tool for children, teens, and adults with additional needs, Tanja also provides workshops for educators, SNAs, and parents on mindfulness, meditation, and stress relief techniques. A mindfulness practitioner in the Plum Village tradition and a certified Reiki Teacher, she believes yoga fosters balance and well-being in body and mind.

As a mother of a child with additional needs, Tanja is passionate about creating safe, inclusive spaces where all children can find calm and confidence through yoga. Her classes blend movement, breathwork, meditation, and relaxation, supporting emotional regulation, sensory integration, and overall well-being. She also incorporates sound play, which children love, helping them transition from overstimulation to a grounded state.

Upcoming Dates & Fees

April 17th & 18th 2027
Class Times: 9:30am - 5:30pm

Fees

Your investment for this comprehensive one-weekend training is €295.

A deposit of €100.00 will secure your place.

Please note, the deposit is non-refundable.

Pre-requisite

To attend this course, all trainees must have completed our Children's Yoga Teacher Training or an equivalent programme.

Contact Moya at The elbowroom Training School:
Tel: 01 677 9859 | Email: moya@theelbowroomtraining.com | www.the-elbowroom.com

Find Us: 60/61 Manor St, Stoneybatter, Dublin 7.