



HEALTHY LIVING | WELL-BEING

Keynote Title: Yoga and Autism: Incorporating Movement and Mindfulness as Complementary Therapy

Speaker: Rachel Costello, C-IAYT, ERYT500, RCYT, RPYT, YACEP, Executive Director, Yo Re Mi

Day One: March 23, 2023

Time: 8:30-9:30 a.m.

Abstract

This presentation will invite attendees to discover the therapeutic and educational benefits of yoga and mindfulness for people with autism. We will review a case study of Yo Re Mi classes at The Block Institute in Brooklyn, NY with both ABA and non-ABA classrooms. Attendees will practice yoga and mindfulness techniques which have been shown to support people with autism while complementing various therapeutic modalities including PT, OT and Speech. We will also explore Yo Re Mi's play-based, inclusive and non-judgmental educational approach.

Learning Objectives

- Participate in yoga and mindfulness activities.
- Establish the benefits of yoga and mindfulness practice for people with autism.
- Provide strategies and techniques to support people with autism through yoga and mindfulness.
- Energize professionals to incorporate yoga and mindfulness into their therapeutic practices.

