



# YOGA FOR SPECIAL NEEDS

MARCH 4 TO 15, 2020  
CHENNAI, INDIA

# YOGA FOR SPECIAL NEEDS

- Therapeutic potential of yoga is immense.
- It brings out complete and comprehensive healing for innumerable physical, physiological, psychological and deeper ailments.
- This capability stems from the fact that yoga therapy works by utilising the inherent
- recuperative potential of the individual.
- It works by removing the blocks on the way of prāna and vāyu-s.
- Prānā also helps in reaching and modifying the psychological and deeper constitution, thereby resulting in wholistic well-being and improving the quality of life.

The same principles and techniques can be applied on the individuals who are differently abled like

- Down's syndrome,
- Autism,
- Dyslexia,
- Spastic children,
- Cerebral palsy,
- Attention Deficit Hyperactive Disorder,
- Muscular Dystrophy
- Poliomyelitis

# They require yoga more than any other individuals

Because Viniyoga is

- specifically tailored to every individual
- designed after analysing the physical, physiological and psychological capabilities of every individual
- applied in such a way that these techniques do not cause any new problems or do not result in aggravation of any existing problems
- Ahimsa (non-injury) is the watch word.

This work shop is designed to provide the following

- Capability to observe individuals with special needs
- Ascertain their capacities and lack of capabilities
- Identification of the possible later complications
- Arriving at the specific focus for yoga application
- Teaching methodology for such individuals

**This seminar is open to all yoga practitioners, teachers, teacher-trainers, yoga therapists and all health-care providers like special educators, physiotherapists, chiropractic practitioners, acupuncture, acupressure therapists and others.**

**Refresh your understanding  
Clarify all your doubts and  
Strengthen your knowledge on the application of yoga  
on individuals with special needs.**



**With**

**Dr. N.CHANDRASEKARAN**, MBBS,  
Founder - Yoga Vaidya Śāla, one of the world's most  
experienced yoga therapist, a western medical doctor, an  
international Yoga teacher and Therapist trainer and  
author.

# Venue and fee details

**VENUE:** VR Home, #7, 2nd Street,  
Dr.Radhakrishnan Salai,  
Mylapore, Chennai 600 004

Course fee includes single or twin shared accommodation at the venue, breakfast, tea/coffee, lunch and dinner. Apart from traditional South and North Indian food, menu will include a choice of fresh fruits.

For clarifications and further information, please write to [drncyvs@gmail.com](mailto:drncyvs@gmail.com).