



## Zen Zone: Adaptive Yoga and Music Care Program

The Zen Zone is a recreation therapy program provided at Roger Neilson House for families and children. This program combines music care and adapted therapeutic yoga techniques to provide kids and families a space to move their bodies, dance and play music. All techniques in this class are done in partners (adult and child) allowing all yoga poses, games, breathing and stretching to be accessible and beneficial to all children.

### WHAT CAN YOU EXPECT?

- The recreation therapist will facilitate a monthly Zen Zone program at Roger Neilson House with volunteer support
- The program will last one hour
- If your child is currently an overnight guest at RNH, feel free to come to the program with your child. If you are unavailable a volunteer will work with your child
- If your child is not currently an overnight guest, you must accompany your child
- Participants can expect to enjoy adaptive yoga, movement and dance, as well as music care
- Participants are encouraged to wear comfy clothes that allow free movement.

### PROGRAM GOALS:

- To provide children and families an adapted experience of yoga, movement, dance and music care
- To increase comfort
- To use the incredible power of music and movement to allow children to express emotions
- To encourage mobility and movement in our children
- To provide an opportunity for deep breathing, to strengthen a child's breath and control intentional breath
- To explore the benefit of aroma therapy with individual children
- To increase a sense of relaxation and calmness in each child
- To provide families and caregivers the opportunity to learn and experience different integrative techniques
- To increase quality of life.

Please be in touch with a recreation therapist if you have any further questions. They can be reached at (613) 523-6300 ext. 667 or 663.