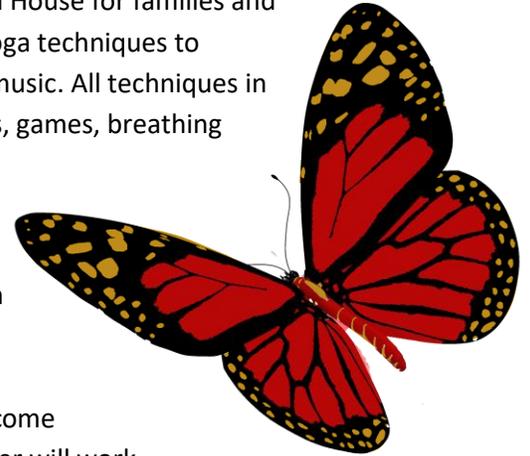


## Zen Zone: Adaptive Yoga and Music Care Program

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?

- Recreation therapists 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 children.
- To provide an opportunity for deep breathing, to strengthen a child's breathing 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.

Recreation Therapists can answer any questions or inquiries regarding the Zen Zone at Roger Neilson House 613-532-6300, extension 4663 or 4667.