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...Broome Spirit Song Yoga is a yoga studio located in Binghamton, NY, offering various weekly yoga classes including pre-natal yoga classes and yoga for special needs children and adults. All experience levels are welcome! Spirit Song Yoga | Binghamton, NY Beth Donnelly Cabán, E-RYT 500, RN, is a Hatha Yoga teacher and Registered Nurse who specializes in therapeutic applications of Yoga and meditation, prenatal Yoga, Yoga for labor and delivery, and postpartum Yoga. She has been teaching Yoga since 1997, prenatal and postpartum Yoga since 1998, and is the primary instructor of the Integral Yoga Prenatal Teacher Training Program. Postpartum Yoga | Integral Yoga Institute New York Yoga is a wonderful practice for children to develop body awareness, build a positive self-image, manage stress and increase concentration. Kids will learn multiple poses, begin to focus on alignment, and build strength and coordination as they practice from week to week. Yoga for the Special Child® is a unique therapeutic yoga method that has changed the lives

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children with special needs. Yoga stimulates all the areas necessary for a child's development and will benefit children with Down Syndrome, Cerebral Palsy, Attention Deficit Disorder, Learning Disabilities and other developmental delays.

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Yoga for the Special Child (YSC) training programs offer a unique learning environment for children and their parents, special education teachers, yoga teachers and healthcare professionals.

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The course is a very intensive and dynamic 3 days of training which will include not only in-depth study of the different way one can apply the method

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