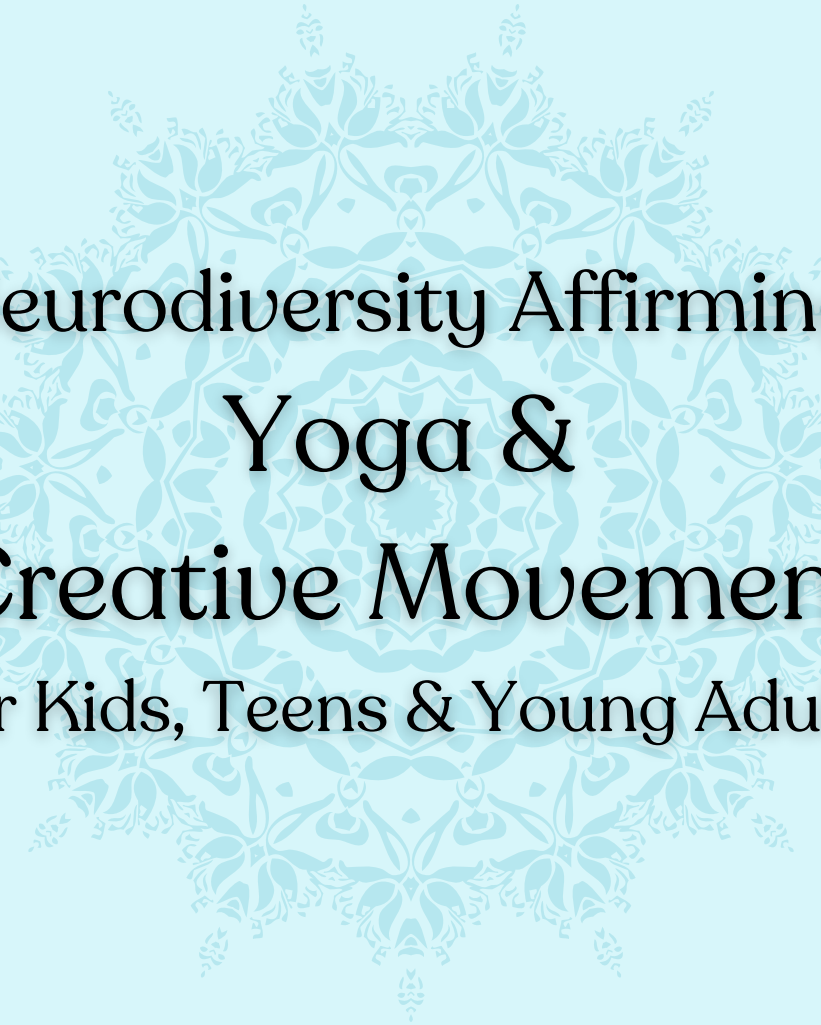




Neurodiversity Affirming Yoga & Creative Movement for Kids, Teens & Young Adults

Brittney Feit, NCSP

What does it mean to be Neurodiversity Affirming?

All minds are celebrated!



Neurodivergent students, like those with Autism, ADHD, OCD, Down Syndrome & Intellectual Disability, are accepted and celebrated for who they are.



Teachers and clinicians question social norms that inform how a class “should” look and support students in ways that push those preconceived notions. All students benefit from this - neurotypical & neurodivergent alike!

What does this look like in our classes?



Stimming (self-stimulatory behavior, movement or vocalization) is welcome in our classes. We never discourage students from stimming.



Breaks When students need a break, they can take them whenever they want. This is made clear at the start of each class.



Variations/Modifications Students are provided with options for each yoga pose, meditation, and creative movement because our bodies are not all the same and neither is our comfort level with certain tasks. (e.g., in a meditation, students can keep their eyes open if they want to.)



Sensory Friendly Our classes are designed to be relaxing and a safe space for self-expression. Loud, sudden sounds and songs are avoided. Participants are welcome to wear sound blocking headphones.



Previewing Every class starts with a run down of the agenda where the class activities will be previewed.



Structure Our classes will always have the same basic structure for those who appreciate routine and predictability.



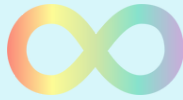
Flexibility Our classes don't require specific attire, equipment or a minimum level of participation.

What does the rainbow infinity symbol mean?



The rainbow infinity symbol represents neurodiversity and the infinite possibilities for minds of all kinds to flourish, and to be represented and celebrated.

I am so thrilled to provide
Neurodiversity Affirming classes to
kids, teens, and young adults.



Register for classes at
www.brittneyfeit.com



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