



TREETOP TALK



**Anna Shaw
Children's Institute**

September 2021

Our Video Library is available on our website! Our library includes all webinars, Reading Around the Tree videos, and Music in the Treetops videos. To access this library, please [click here](#).

Anna Shaw Children's Institute provides champion care to children and families for happy, healthy lives.

September is Yoga Awareness Month

Ongoing stress, fear, grief, and uncertainty caused by the COVID-19 pandemic have weighed heavily on all of us. Many children and teens are having an especially tough time coping with all of these changes. In addition to these worries, many families have lost financial stability. One of the best ways to reduce stress is to find an activity that you can do with your children that will reduce stress for all of you.



Yoga can be a powerful tool for reducing stress, increasing mobility, and promoting overall health. Did you know that you and your children can practice yoga together? You don't have to be on a mat, in a class, or even be an experienced yogi to reap its amazing benefits. This month at Anna Shaw Children's Institute, we're enjoying a *Yoga at Work* series that focuses on providing practical poses and breathing techniques that can be used anywhere. If you're looking for ways to tap into your inner peace at home or on the go, consider trying some of these exercises by yourself or with your loved ones!

Equal Breathing:

In yoga, this is called sama vritti breath (sama = same, vritti = breath). This type of breathwork has been shown to reduce the heart rate and helps the brain turn off its "fight or flight" instinct. To practice equal breathing, simply inhale on a slow, rhythmic count of 1-2-3 and exhale on a count

of 1-2-3. Continue this at a comfortable pace.

Grounding:

To be “grounded” means to be connected to your body and the space around you. When we are in a constant state of stress, it is easy to feel like we are not in control. In therapy sessions, you may hear words like “deregulated” or “sensory overload.” When you or your child are feeling this way, take a moment to place your hands on your/your child’s body. Give yourself or your child a tight squeeze or gentle pressure. This touch sensation helps your brain to reintegrate with your body, igniting a sense of calm and connectedness. Try adding sama vritti breathing as well.

Forward Fold:

This simple yoga pose is a great way to get your body moving and your blood flowing. To practice a forward fold, simply start with a comfortable standing position. Take a deep inhale while you raise your hands overhead. On your exhale, fold at the waist and feel your hands reach for the earth. (It’s okay if you can’t touch your toes!) By having your head hang lower than your heart, you are practicing what is called an inversion. Inversions can offer many amazing health benefits, including increased blood flow, decreased fatigue, and improved strength and mobility.

As you continue to go through times of uncertainty, remember that your child sometimes also experiences these same feelings. Find activities that you can enjoy together to bring happiness and peace to your life. Yoga is a great place to begin.

NORTH GEORGIA AUTISM CONFERENCE

OCTOBER 29, 2021

8:00 AM - 4:00 PM

Registration begins at 7:30 AM

DALTON CONVENTION CENTER

2211 Tony Ingle Parkway
(formerly 2211 Dug Gap Battle Rd)
Dalton, GA 30720

REGISTRATION

Register in Advance | \$50
By October 15

General Registration | \$60
After October 15

Student Registration | \$30

Group Rate (3 or more) | \$45

Attendance at Breakfast Keynote Only
with Dr Temple Grandin | \$45

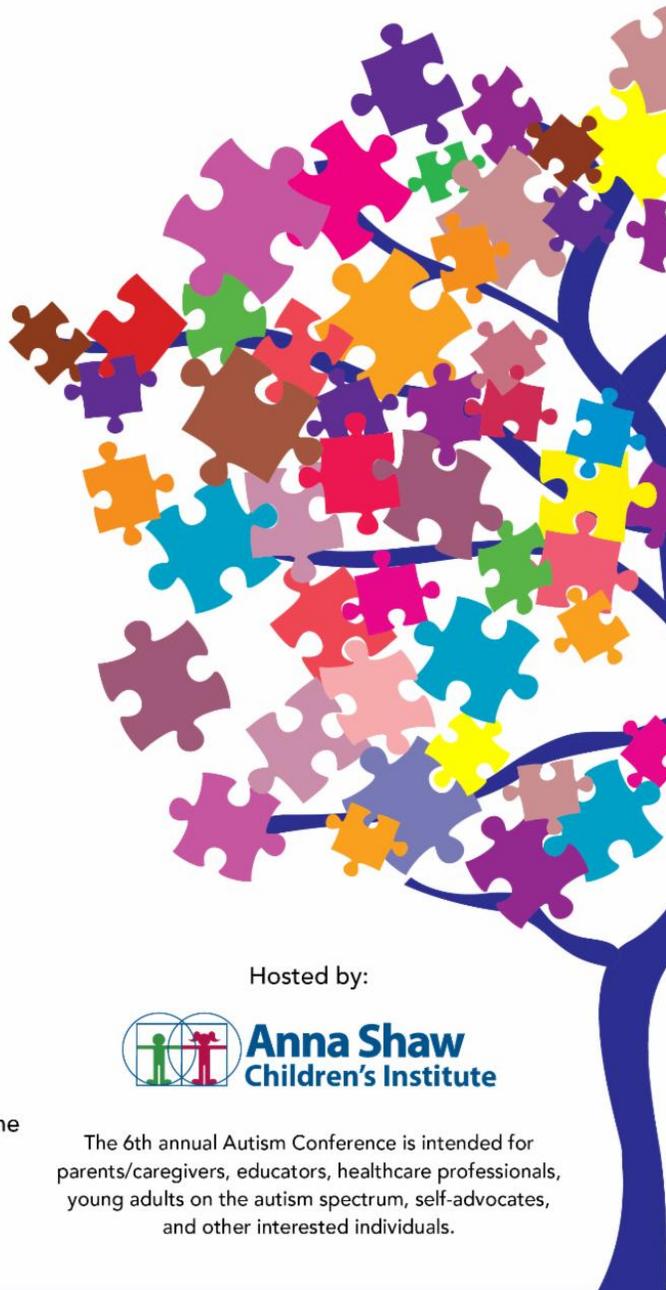
BREAKFAST KEYNOTE SPEAKER

Dr. Temple Grandin



Registration Deadline Friday, October 22

Breakfast & Lunch Included—Vendors Welcome
Certificate of Attendance Available
CEUs Available \$50
CMEs Available \$100



Hosted by:



The 6th annual Autism Conference is intended for parents/caregivers, educators, healthcare professionals, young adults on the autism spectrum, self-advocates, and other interested individuals.

Register at HamiltonHealth.com/autismconference
Questions? Contact Lindsey Coker at lcoker@hncs.org at 706.226.8913.

Find out MORE

Anna Shaw Children's Institute | 706.226.8900 | HamiltonHealth.com/children

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