



**A Handbook Kit: Yoga for Children
Who Have Experienced Trauma, Ages 3-8,
and Their Care Providers**



The incorporation of yoga into our Therapeutic Preschool Program has brought smiles to the faces of children who have experienced trauma. As they learn to soothe their affect through the use of Yael’s brilliant yoga adaptations for children they have become calmer, more emotionally integrated, and less aggressive. Yael’s work has literally helped our children re-discover the joy of childhood.”

~ Douglas Goldsmith, Ph.D. Executive Director The Children’s Center

