

If this newsletter is not clearly visible, you can [see the newsletter on our website](#) in your favorite web browser.

Use this link if you would like to [cancel, unsubscribe or opt-out](#) of your subscription to the *Ther-A-Gram* newsletter.



November 24, 2015

800.257.5376

[ABOUT US](#)

[CATALOG](#)

[THERAPRESS](#)

[NEWS & EVENTS](#)

[CATALOG REQUEST](#)

Ther-A-Gram

In This Issue...

- [Yoga as a Therapeutic Modality](#)
- [Authors Receive Accolades for Publication](#)
- [Cyber Monday](#)
- [Sale Bin](#)
- [Specials](#)
- [Featured Products](#)
- [Saturday Seminar Schedule](#)

Don't forget:

Free Shipping

on all online orders over \$35.00
to any location in the Continental USA!

● Yoga as a Therapeutic Modality

Although yoga is an ancient practice, it is very much alive and thriving today across generations. But, how does yoga apply to students with special needs in the classroom?



[Lori Fitzpatrick, OTR/L and Certified Yoga Instructor](#), a practitioner in the Plymouth, MA Public Schools, shared how and why she uses yoga in OT school-based practice in her presentation, [Yoga as a Therapeutic Practice: Treating the Whole Child](#), at Therapro on November 7. Through her exceptional videos depicting yoga treatment sessions and sharing of her knowledge, passion, and creative use of yoga, attendees learned how to address special needs students' varied learning issues. Lori's collaborative work with classroom teachers has many benefits for students, including:



- promotion of calm focus
- enhanced self-esteem and communication skills
- improved listening skills

Lori described how she uses yoga in her individual and group treatment sessions to target IEP goals that address:

- bilateral integration
- following directions
- imitation of movement
- motor planning
- postural control
- stability

She identified some of her favorite yoga materials, including [Yogarilla](#) and [Learn with Yoga: ABC Yoga Cards for Kids](#). After guiding us through some yoga poses and Pranayama-breathing exercises, we left the seminar more focused and calm, ready to tackle the day ahead. Take a look at [Filomena's blog](#) for more detailed information about the content of Lori's seminar.

Happy Thanksgiving!

We at Therapro wish you and your families a **Happy Thanksgiving!** We are grateful for you - our loyal patrons, customers, and friends.

Specials

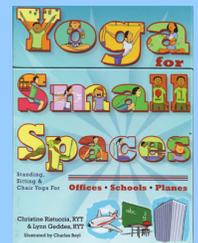
10% Off on these selected products from The Sensory Connection Program:

1. [The Sensory Connection Program Set: Manual and Handbook](#)
2. [The Sensory Connection Curriculum for Self-Regulation](#)
3. [The Sensory Connection Self-Regulation Workbook](#)

Featured Products

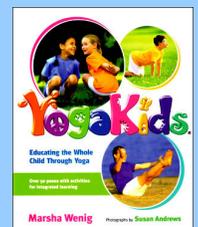
Yoga for Small Spaces

Research shows that learning is significantly enhanced when movement is a part of the activity. Incorporate yogic movement into your classroom, therapy room, or home. Get your kids moving and you'll get them ready, receptive and more retentive to learning.



YogaKids

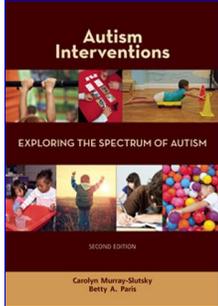
Presents more than 50 carefully selected poses paired with special activities that stimulate children's verbal, spatial, and artistic skills. An excellent yoga primer for children!



Karen Conrad Weihrauch, PhD, OTR/L

Details on all Therapro offerings can be found at www.therapro.com and [our blog](#). You can also follow us on [Facebook](#), [Twitter](#) and [Pinterest](#) or [contact us](#) with any feedback or questions.

● Authors Receive Accolades for Publication



Just recently, we were thrilled to hear that one of the [Sensory Integration](#) books Therapro carries, [Autism Interventions: Exploring the Spectrum of Autism - 2nd Edition](#), was named by the Special Needs Parenting Library as one of its picks for the top 6 books that "are great resources to help make sure students with different abilities are given a chance to reach their potential and to establish friendships, pursue interests and be included in community activities." The authors Carolyn Murray-Slutsky, MS, OTR, C/NDT and Betty A. Paris, PT, MEd, C/NDT are skilled practitioners and national and international speakers. (We look forward to sharing the Therapro booth with them at the [Spring 2016 annual AOTA conference in Chicago](#) where they will also be conference presenters.)

Special Needs Book Review called Autism Interventions a "must have" book for every SI therapist's bookshelf. Take a look at the Special Needs Book Review website to see [a guest post written by the authors](#).

● Cyber Monday



Is Black Friday too much for you? Have some holiday shopping to do, but don't want to brave the traffic, weather and crowds?

We hope you have a wonderful, relaxing Thanksgiving weekend. When you're full of turkey, be on the lookout for our online **Cyber Monday** promotion - arriving on social media and in your inbox November 30!

● Sale Bin



Browse through our [Sale Bin](#) for some great deals on discontinued or overstocked items. We update this frequently, so check back often!

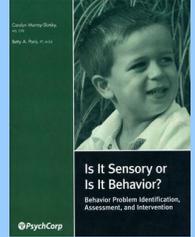
Body Poetry: Yoga

16 full-page size exercise cards are split into three levels: easy, intermediate and challenging. Includes stretching exercises and follow up activities to integrate yoga into other areas of the curriculum.



Is It Sensory Or Is It Behavior?

This book provides information and strategies for distinguishing between sensory-based and non-sensory-based behaviors, as well as intervention techniques. By Betty A. Paris & Carolyn Murray-Slutsky.



DTI Laminated Cards

From Carolyn Murray-Slutsky & Betty Paris. Each front and back color card is packed with key concepts, strategies, and interventions for behavioral AND sensory modulation.



Seminars

All seminars are free, and are held Saturdays from 9-11 AM in our Showroom.

Upcoming confirmed events:

December 5, 2015

[Fostering Executive Function Skills, Part II](#)

Speaker: Sarah Ward, M.S., CCC/SLP and Co-Director of Cognitive Connections in Concord, MA

January 16, 2016

[Regulation in the Classroom from an Educator's Perspective](#)

Speaker: Victoria Munroe, MA

February 13, 2016

[Brains Rule: Perceptual Learning to See Better, Learn Faster, and Work Smarter](#)

Speaker: Dr. Cathy Stern OD, FCCO, FCOVD, FNORA

March 12, 2016

[I Can Work! Hands-on Ways to Build a Strong Pre-vocational Foundation for All Young Adults](#)

Speaker: Angela Mahoney, M.Ed., creator of the I Can Work! Program

April 23, 2016

[A Sensory Perspective on Helping Adolescents and Young Adults Learn to Deal with Difficult Emotions](#)

Speaker: Karen Moore, OTR/L, author of the Sensory Connection Program

Always check [our website](#) for the newest updated information.

Opt-In to our Newsletter

[Subscribe](#) to the *Ther-A-Gram* newsletter!

[Click here](#) to forward this newsletter to a friend.

[Click here](#) if you would like to cancel, unsubscribe or opt-out of your subscription to the *Ther-A-Gram* newsletter.

Disclaimer: The information presented in this newsletter is provided as a source for educational purposes only and should not be interpreted as a substitute for physician or therapist evaluation or treatment by a healthcare professional. It is not intended to provide or confirm a diagnosis nor is any claim made as to therapeutic efficiency. Users are advised to seek the advice of a trained and registered healthcare professional. There is some risk inherent in the performance of any treatment activities. Please be advised that this disclaimer absolves the web site designers and writers of any and all losses or claims for any injuries or other damages accruing to any children or belongings from the performance of suggested activities listed above.

This communication complies with the CAN-SPAM Act of 2003.

Therapro, Inc. 225 Arlington Street Framingham, MA 01702
Tel: 508.872.9494 / 800.257.5376 Fax: 508.875.2062 / 800.268.6624
Copyright © 2015 Therapro Inc. All rights reserved.