



## YOGA AND MINDFULNESS FOR DISABILITIES



# BUMBLEBEE YOGA

## ACCESSIBLE YOGA AND MINDFULNESS WITH LEAH

If you can breathe, you can do yoga!

Yoga and mindfulness practices are for EVERY person in EVERY kind of body.

Accessible yoga is all about exploring how yoga can meet you where you are. We adapt the practice to fit you, rather than changing who you are! We work on being friends with our bodies, and loving ourselves just the way we are.

Yoga and mindfulness have a range of wonderful evidence-based benefits for people across the entire spectrum of abilities and disabilities.

- Clinically effective in improving mood, stress, and coping for both people with disabilities and their carers
- Improves functional fitness and coordination
- Develops self-regulation skills, expands self-awareness and understanding of mental health, and can provide tools to help manage big emotions
- Can support the efficacy of other treatments or therapies
- Fosters feelings of self-love, self-compassion, and helps to develop practical emotional self-care skills
- Fantastic opportunity to get social and have fun in a supportive and safe environment!

1. Mooventhan, A., & Nivethitha, L. (2017). Evidence based effects of yoga in neurological disorders. *Journal of Clinical Neuroscience*, 43, 61-67.

2. Robertson, B. (2011), "The adaptation and application of mindfulness-based psychotherapeutic practices for individuals with intellectual disabilities", *Advances in Mental Health and Intellectual Disabilities*, Vol. 5 No. 5, pp. 46-52. <https://doi.org/10.1108/20441281111180664>

4. Kyla Z. Donnelly, Kim Baker, Ramsay Pierce, Amanda R. St. Ivany, Paul J. Barr & Martha L. Bruce (2019) A retrospective study on the acceptability, feasibility, and effectiveness of LoveYourBrain Yoga for people with traumatic brain injury and caregivers, *Disability and Rehabilitation*, DOI: 10.1080/09638288.2019.1672109

6. Reina AM, Adams EV, Allison CK, Mueller KE, Crowe BM, Puymbroeck Mv, Schmid AA. Yoga for functional fitness in adults with intellectual and developmental disabilities. *Int J Yoga* 2020;13:156-9



# The Programs

Bumblebee Yoga would love to partner with you to offer yoga and mindfulness sessions in your community!

All classes are trauma sensitive, body positive, mental health focused, and inclusive of people from all backgrounds and walks of life.

Most classes can be designed for any age group, all the way from young children up to the golden years. Our children's classes involve games and stories, and our adult classes tend to use activities and examples to learn the concepts and build skills, tailored to the abilities and interests of the group.

## Adaptive Yoga



All of the yoga we teach at Bumblebee Yoga comes under the umbrella of 'Adaptive' because we believe that the pose should be adapted to fit the person, not the other way around. But in this class, we specifically tailor the class and poses to people who have physical disabilities, who require support to move their bodies into poses. This might include people who use wheelchairs, those with neurological conditions, spinal cord injuries, or any other physical conditions.

We use props to make poses and practices more accessible for people. We have options to do chair-based classes, or for people to transfer onto the floor for a supported practice. The classes also involve breathing practice, meditation, and mindfulness skills building. Classes are small to ensure that each student receives individual support and attention, and we can involve carers or staff to support the class.

## Yoga and Mindfulness for Brain Injury - *Certified by Love Your Brain*

The Love Your Brain program is a highly regarded evidence-based practice that is specifically designed for people who have experienced an Acquired Brain Injury (ABI), including Traumatic Brain Injury (TBI), stroke, Parkinson's, and other damage to the brain. The program has also been shown to be effective for other neurological conditions, including Multiple Sclerosis.



The FUNdamentals program is a 6-week course, where we meet for one 90-minute session a week which includes yoga movements, meditation, breathing, and discussion around topics such as resilience, wholeness, community, and gratitude. The classed can be chair based, or involve standing and floor work, or a combination of both.

We can also offer other ABI-friendly classes and courses based on these principles and trainings.



# The Programs

## Sensory Yoga



Our sensory classes are designed to be suitable for those who are neurodiverse or have an intellectual disability. This might include people who are on the Autism Spectrum, experience Attention Deficit or Hyperactivity, have a developmental delay, or are otherwise sensitive to sensory experiences.

The classes involve some movement and yoga poses, sometimes games or activities, some breathing and mindfulness, and some grounding using different sensory tools. We also tend to use more simple and accessible language, and teach in a way that everyone understands.

Classes are small to ensure each student gets attention, and to prevent overstimulation. We have options to involve parents, carers, or staff to support the participants.

## Chair Yoga



This seated chair yoga class involves no weight bearing poses, so the whole sequence can take place completely from a chair. It can be designed to be suitable for people with varying levels of mobility and range, including people who use wheelchairs or other mobility aids. The class also involves breathing, meditation, and mindfulness practice.

## Caring for Carers



This 4-week program can be delivered to carers and staff. We focus on the wellbeing and self-care needs of people living and working in caring roles using evidence-based approaches. It involves some yoga and mindful movement, mindfulness skill building, breathing and meditation, and self-care development. This course also includes a bundle of resources and information for you to keep.

## Custom Courses

Of course, we understand that the nature of disability is incredibly unique to different participants! We can custom build a course that includes the elements you or your group are interested in and work together to meet your needs. Some other examples of what we can organise are:

- Audio description classes for people who are Blind or have vision loss
- Auslan supported classes for people who are Deaf or hard of hearing
- Family sessions for people with disabilities and their carers or families
- Classes for groups with mixed abilities and needs
- Sessions or discussion groups that are themed around self-compassion and self-care
- Mental health psychoeducation with mindfulness skills building





# The Proposal

There are several options to fund and deliver these programs, for example:

- Using participants' NDIS plans
- A program funded by your organisation at no cost to participants
- Classes subsidised by your organisation and offered at a reduced cost to participants
- Applying for a grant to cover the costs
- Sessions funded by the participants at a discounted rate

**Programs start at around \$10 per participant per session.**

**For smaller groups, the average cost is around \$25 per participant.**

Cost varies depending on what type of sessions are requested, how many participants, and how many sessions are booked. We can also offer private 1-1 sessions.

Classes can run at your facility, or we can talk about options to hire the right venue.

If you'd like to enquire about how we can make yoga work for your organisation, please don't hesitate to get in touch with us for a no-obligation quote!

## About Us

Bumblebee Yoga is dedicated to accessible and inclusive yoga, mindfulness, and wellbeing practices.

We specialise in mental health, working with people who have disabilities, people who care for others, and yoga through the lifespan, including everyone from toddlers up to the golden years!

We do this through regular classes in the community, short courses and workshops specially designed for NGOs and community groups, and programs for schools and other institutions.

Leah is a certified yoga teacher, Adaptive Yoga for (dis)Ability practitioner, and certified Love Your Brain teacher and provider. She is also a trained Mindfulness Facilitator, and has a background in mental health and psychology.

