

Implementing Yogic Techniques into Speech-Language Pathology

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Course Objectives

At the end of the session participants will be able to:

- Discuss causes and effects of stress & anxiety
- Demonstrate 3 learning styles
- Discuss the benefits of movement
- Demonstrate knowledge of 5 yoga poses and the benefits.
- Demonstrate 3 ways to Implement yoga & learning into a speech session.



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Recommendations when practicing yoga

- No pain, no pain
- Listen to your body.
Don't do anything that will aggravate a pre-existing injury.
- Balance issues – keep eyes open



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The World Today Is Moving at a Fast Pace...



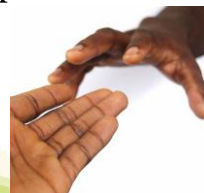
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Every SLP faces many challenges in this fast, moving world.



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Stress management and job satisfaction are within reach with simple, easy to use yogic techniques.



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Solution: Incorporate yogic practices into your life and in therapy.



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What is Yoga?



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Yoga consists of physical and mental relaxation exercises.

- Exercise – postures or asanas
- Breathing – awareness of the breath.
- Calming -Peaceful -Restorative
- Energizing



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Autonomic Nervous System Stimulates Either the “Fight or Flight” or “Relaxation Response”



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The purpose of the Autonomic Nervous System



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Yoga Activates the Relaxation Response in the Body

- The brain perceives muscle stretching as the opposite of muscle tension
- The biofeedback from yoga stretches is a sense of safety and well being



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Yoga = More Productive

Yoga does not require a lot of equipment or time. It can also be done in small or large spaces.

- Take real breaks that help you relax.
- How are currently using your breaks?

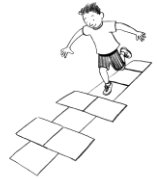


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What does Yoga Have to do with Speech Therapy?

Studies have shown that many speech-language kids have:

- Motor-skill deficiencies
- Language delays
- Anxiety
- Social skill immaturity
- Sensory Integration Issues



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Watching for **Signs of Anxiety** can alert you that children aren't emotionally ready to learn.

- Shrugged shoulders
- Shallow breathing
- Cracking the neck
- Incessant, nervous talking

If you see these signs STOP and work on getting student relaxed.



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Stress/ Anxiety and its relationship to SLI Kids

Children with Speech Language Impairments (SLI), including expressive language disorders, have been rated as more withdrawn and anxious than peers. (Benner, 2002)



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Fact About Stress/Anxiety and SLI Kids



Children with SLI problems are 3x more likely to suffer from social anxiety (social phobia) than children without problems.

(Brenner, 2002)



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Using Your Body to Learn Can Help With Language Acquisition

There appears to be a link between physical domain and speech-language skills. (Murata, 2004)



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Using Your Body to Learn Can Help With Language Acquisition

- Preschoolers interact with their environment with gross and fine motor skills.
- Proprioception relates to where the body is in space (spatial concepts)



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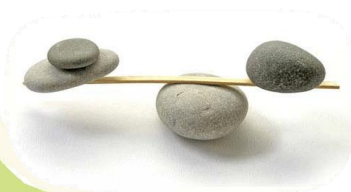
Yoga and learning: Research has linked Fine and Gross Motor Skills to Learning



If you improve motor skills then speech & language may skills improve

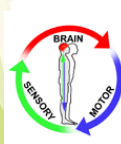
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Although it appears as though everything is going fine with the students, we have a serious problem we need to fix.



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Yoga Requires Use of the 6 of the 7 Senses of the Body



Auditory



Visual

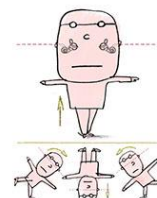
The Nervous System and the Entire Body is Connected



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The Job of the Vestibular System (Inner Ear)

- Maintain balance,
- Turn thinking into action
- Coordinate movement
- Detects motion and gravity



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The Vestibular System May Be Related to Speech and Language Disorders.

- **Major organizer of sensation**, so it contributes to the acquisition of word understanding and speech.
- Has close neurological associations with the pathways for **auditory processing and language**.



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Physical Indicators of Proprioception Difficulties

- Appear clumsy
- Fidgets
- Bouncing off walls (ADD/ ADHD)
- Slumped over desks
- Display unusual behaviors such as self-biting, throwing themselves on the floor, chewing on inappropriate items such as shirt.



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Yoga Improves Vestibular and Proprioceptive Issues Simultaneously.

- Relaxation
- Spatial concepts
- Auditory processing of information



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Here are Some Ways that Yoga Can Help with Language

- Acting out Stories
- Story retell
- Spatial concepts
- Following verbal directions



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Yoga and Language Acquisition and Learning

- Spatial concepts and prepositions
- Vocabulary
- Wh Questions
- Alphabetical Order



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**Yo
V
Exl**

**Cat and Cow
Want to See the World**

Once upon a time, there was a cow named _____ and a cat named _____ and _____ lived on a farm with many other animals. _____ and _____ were the best of friends and always hung out together. _____ liked the farm, but wondered what the world was like beyond the farm.



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Provide a Visual Demonstration

The students will need you to provide visual and auditory cues for each of the poses.



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Yoga and Oral Expression

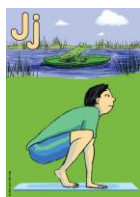
- Many yoga poses consist of animals or things that make noise
- Non-verbal students can use appropriate noises of the pose can help stimulate talking
- Fun for students to act out a yoga story



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Using Sign Language

You can pair the signs with the verbal name of each pose to work on expressive language.



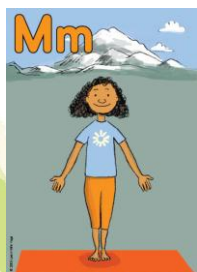
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Yoga Requires Knowledge of Spatial Concepts



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Let's Learn With Our Body



Stand in Mountain Pose and we'll play a game of "Yogi Says."



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Using Tactile/Kinetic Learning

- Using the body to learn has powerful research behind it.
- Prepositions (spatial concepts)



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Yoga Exercise Can Help Children Learn New Concepts



Young children need to physically experience concepts in order to truly grasp them.

(Pica, 2009)

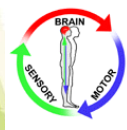
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Using ABC Yoga Cards Can Help Practice Students Goals

- Choose one goal and use the appropriate questions
- Alphabetic principal
- Phonemic awareness
 - Segmentation
 - Rhyming



Autism: Yoga Addresses Sensory Issues



Proprioception



Vestibular (balance)

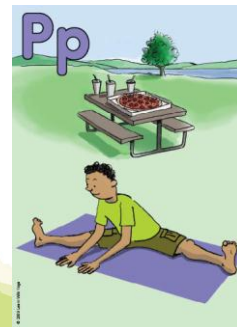


Tactile



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Using Yoga to Promote Turn Taking



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Yoga Strengthens Proprioceptive Awareness

Information about muscle tension, position and movement of joints, body position, and spatial awareness.



Proprioception and learning.



Proprioception Skills are Related to Articulation

This is due to the contact that occurs between the articulators.
(e.g. the upper and lower lips for a /p/ and /b/).



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Articulation Disordered Children May Have Motor Coordination Difficulties.

There is a relationship between articulation disordered children and motor coordination and soft neurological signs.

(Cemak et al, 1986)



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Moving/Doing a Pose While Practicing Articulation

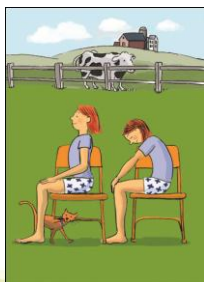
The students can choose a yoga pose and say their target sound on their speech turn.



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Use Yoga to Practice Target Sounds

Set up a yoga mat or use a chair, place one pose on it. Instruct the kids to practice their target speech sound silently/softly while doing the pose.



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Yoga Poses Can Be Practiced in Small Spaces

The beauty of yoga is that it can literally be done anywhere at anytime.



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Creating a Yogic Environment in the Speech Room

- Clean and clear of clutter
- Noise free (white noise, low music)
- Calming
- Comfortable
- Equipment – floor or no floor?



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Start Your S.P.E.E.C.H. Session by Grounding Students

- Shoulders up to ears and back
- Posture: ears in line with shoulders
- Easily inhale/Exhale
- Chest open
- Heart lifted



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Using Yoga to Achieve Speech and Language Goals

- Have a specific goal in mind.
- What do you hope to get out of this activity?
- How can you integrate to enhance and enrich experience for the child?



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R. E. L. A. X.

- **R**elax body-tense and release exercise
- **E**xhale/inhale
- Let go of whatever tension you're holding.
- **A**bdomen in on inhale and out on exhale
- **E**Xpress a sigh with mouth closed.



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Yoga Poses Are Designed to Achieve Different Emotional Effects

- Calming poses for aggressive or anxious kids
- Energizing poses for shy or tired kids



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Quiet Pose Is Pose for Achieving a Sense of Calmness

- Calming
- Resting pose
- Helps to decrease frustration
- Can be done at a desk or on floor

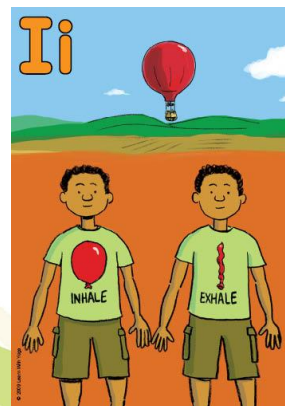


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Seated Forward Fold in a Chair Helps to Calm the Body



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Speech and Its Relationship to Breathing

- Speech and Yoga: the link is breath.
- You need breath to produce speech.

(Sumar,2000)



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Breathing Reflects the State of Your Mind



If you are *relaxed*, your breath is *slow and deep*.

If you are *stressed*, breath is *shallow* and you may even be unconsciously holding your breath.



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Signs of Incoherent Breathing

- Rapid and shallow
- Live in a sympathetic dominant state
- Constant state of stress: "Fight or Flight"
- Counterpart to state of the mind. If you are stressed, you are holding your breath.



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Energizing Poses



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Yoga Techniques to Warm-Up the Throat Center



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Yoga Techniques to Warm-Up the Throat Center

- Mantra with mudra
 - **I am focused** (index finger and thumb touch)
 - **I am clear** (thumb and middle finger touch)
 - **I am ready to learn** (thumb and ring finger touch)
 - **I like who I am when I do my best** (thumb and pinkie finger touch)



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How to Use Yoga for Yourself at Work



- Take real breaks that help you relax.
- Long, deep breathing.



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Yogic Tool Box

- Breathing before doing
- Positive self-talk
- Mudra (using movement of fingers to calm the mind).
- Respond versus reacting



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Review of Yoga Techniques

- Yoga is calming
- Yoga can help with learning new concepts
- Various Yoga Poses can Have different effects on the body (calming versus energizing).



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