

MO Family Yoga Class



- Please join the Outreach department at Missouri School for the Blind for a **free virtual yoga class** for families of youth with vision loss, blindness, or deafblindness! Interpreters provided. Signs, symbols, and vocabulary that will frequently be used during yoga sessions are mailed to families prior to session (if register on time!).

Some benefits of Yoga for Children with Visual Impairments:

- Increases motor planning by having to learn new movements.
- Increases body and spatial awareness by having to move your body in new ways.
- Increases communication skills when the child is asked to communicate during the session.
- Increases self-determination skills by giving the students challenges that they can eventually overcome.
- Increases literacy when stories are infused.
 - *Kassandra Maloney wrote this list on Paths to Literacy.*
 - [Read more about benefits of yoga for children with vision impairments from Kassandra here.](#)

Contact Mary Morrell (mary.morrell@msb.dese.mo.gov) with questions.

Class Start Date: Sunday, February 27th, 2022 @ 6:30 PM CST

Instructor: Nicole Coglianesse is the owner and instructor of Citra Fitness & Movement in St. Louis. Her experience working with students with deafblindness began with the Texas School for the Blind and Visually Impaired by leading yoga and movement classes. She is a Utah State certified deafblind intervener.

Registration: Please visit the [Virtual Yoga Class Registration](#) * page to register. Deadline for registration is January 30, 2022.



citra
fitness & movement

* <https://www.surveymonkey.com/r/3GKRVH2>