

# INCLUDE YOGA PROJECT

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# WHAT IS YOGA

- ⦿ Yoga is a physical and mental practice that has a meditative core. The goal is, through a stable and comfortable body , to finally immobilize the restless mind.(The Yoga Sutras of Patanjali).

# HOW YOGA HELPS

- ◉ Many studies have tried to determine the effectiveness of modern yoga as a complementary intervention for cancer, schizophrenia, asthma, and heart disease. An evidence-based review of yoga as a complementary intervention for patients with cancer Smith, Kelly B.; Pukall, Caroline F. (May 2009),
- ◉ Yoga in schizophrenia: a systematic review of randomised controlled trials Vancampfort, D.; Vansteeland, K.; Scheewe, T.; Probst, M.; Knapen, J.; De Herdt, A.; De Hert, M. (July 2012)

- We study the impact of yoga and meditation on various cognitive and behavioral functions. Our results suggest that meditation can produce experience-based structural alterations in the brain. We also found evidence that meditation may slow down the age related atrophy of certain areas of the brain. ( Dr Lazar , Harvard University research)

# OUR AIM

- The aim of the research is sensory synchronization, the improvement of social relations as well as the proper management and balancing of the fluctuations of the mind ,through yoga sessions . The aforementioned has been proven to be achievable by using digital media that helped the techniques used in sessions.

# METHODOLOGY

- ◉ In this research, participates Hara, an 11-year-old girl with autism and takes place in a specially designed area, where controlled sensory stimuli are transmitted.
- ◉ Through a sequence of courses, we have thoroughly researched and ending up with specific techniques that have proven to have an effect on the management of sensory fluctuations ,on the improvement of body perception (Journal of Ayurveda and integrative medicine 1 ,2010

# RESULTS

- ◉ The result is to have a child with autism who seeks the systematic practice , because she feels the benefits and facilitations that yoga provides in her everyday life.
- ◉ Hara has improved her mimetic skills, her sensory distinction and her emotional management by remaining calm for a long period.
- ◉ She has also improved her social skills, resulting her participation in activity groups composed by typical-development children.





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