

Reducing Stress for Your Child and Yourself

Parents of children with special needs ranging from Autism to anxiety are faced with the constant challenge of understanding their child's behavior. The field of neurobiology is exploding with information about the sources of stress and the impact it has on our behaviors, allowing us to gain a deeper understanding of ourself and those we love. These modern findings can be used in correlation with yoga practice to further the mind-body relationship internally and with others.

Join us as we explore how each of us, including our children, is impacted by the interaction between our unique self and the world around us. Through lecture, restorative yoga practice and meditation we will work as a group to shift our focus on behaviors from judgement to understanding and acceptance.

SARATOGA BRIDGES

May 7, 2017

3:00 – 5:30pm

Corinne G. Catalano, Ph.D. candidate, IMH-E-IV®—Clinical Mentor

Corinne is the parent of an adult child with a visual disability. Through her professional work, yoga practice and relationship with her daughter, she continues to deepen her understanding of human behavior. Corinne has 25 years of experience in the field of special education and infant mental health and is currently the Assistant Director for Consultation Services at the Montclair State University Center for Autism and Early Childhood Mental Health. She is completing her Ph.D. in Teacher Education and Teacher Development and is licensed in The Shanker Method of Self-regulation and mindfulness through the MERHIT Center.

Martel Catalano, MBA, RYT-500

Martel is a young adult who was diagnosed with a degenerative retinal disease in her late childhood. Soon after learning about her future of gradual vision loss with no known cure, she began to witness acute anxiety and depression. Martel eventually found solace through yoga and has completed 200-hour and 300-hour teacher trainings, as well as training in restorative yoga. Martel's mother and her work have had a profound influence on her in the last year, as she explores the cross-section of the human mind and Buddhist philosophy and brings this to her class.



Childcare may be available. RSVP by April 28th to Patricia Paduano at ppaduano@saratogabridges.org or 518-587-0723 ext. 1255. Please specify if you will need childcare.



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