



Discover the Benefits of  
**YOGA THERAPY**  
for  
Children with Special Needs  
**發掘瑜伽治療**  
對有特殊需要的孩子的益處



MAKING YOGA, ART & MEDITATION ACCESSIBLE  
促使瑜伽、藝術和冥想變得無障可及

## Welcome Message

At YAMA Foundation, we believe that all people have the right to feel good in their bodies, peaceful in their minds, live colourful and rewarding lives, and be part of a caring community.

Our foundation delivers financially accessible yoga and expressive arts therapy interventions, and delivers training and education programmes that promote accessibility and inclusion.

Through expanding our yoga therapy programme, we can effectively deliver early intervention and rehabilitation to people in society who need it most: people with disabilities and special needs (PWD/SEN), people living in poverty, and people with mental health challenges.

We invite you to read on to learn about our work and impact. With your support, we can make wellbeing accessible to all.

With gratitude,

Hersha Chelleram

Executive Director and Co-Founder of YAMA Foundation



## 歡迎詞

在YAMA基金會，我們深信所有人都有權利享有感覺良好的身體、平和的心境，過着豐富多彩及有意義的生活，並成為充滿愛心的社群的一分子。

我們的基金會提供經濟可及的瑜伽和表達式藝術介入治療，並提供促進可及性和包容性的培訓和教育計劃。

透過擴大我們的瑜伽治療計劃，我們能夠有效地向社會上最需要的社羣提供早期介入和康復支援：殘障和特殊需要人士 (PWD/SEN)、生活在貧困中的人們以及面臨心理健康挑戰的人們。

我們誠意邀請您繼續閱讀本冊子，以了解我們的工作和影響。在您的支持下，我們可以讓福祉給所有人都變得可及。

敬啟，

夏喜善，

基金會合創人兼執行董事

## Accessibility & Inclusion Impacts All of Us 無障礙可及與包容對所有人都產生影響

Did you know...?

您知道嗎？

- 1 in 3 people will be elderly in Hong Kong by 2046.
- 在2046年，每3個人之中將有一位長者。
- 10% of Hong Kong has a disability or SEN.
- 香港一成人口患殘障或有特殊需要。
- 61% of Hong Kongers have poor mental health.
- 超過六成港人心理健康不佳。



Almost everyone will experience disability at some point in their life. It's a part of being human and why it's important to dismantle any bias or discrimination around disability.

Ableism is the discrimination and social prejudice against people with disabilities (PWD) based on the belief that typical abilities are superior. Most people are ableist without realising it. The assumption that PWDs require “fixing” perpetuates the harmful stereotypes, misconceptions and generalisations of PWDs.

We can counter ableism by promoting accessibility and inclusion in society, using inclusive language and acknowledging and respecting individual experiences and abilities

幾乎每個人在生命都會經歷到某程度的殘障。這是人生的一部分，也是為什麼解除對殘障的任何偏見，或歧視是非常重要的原因。

「能力歧視」是基於對典型能力優越的信念而對殘障人士 (PWD) 進行歧視和社會偏見。大多數人在不為意的情況下都存在能力歧視。對殘障人士需要“修復”的假設，延續了對殘障人士的有害刻板印象、誤解和概括。

我們可以使用包容性語言，以及承認和尊重他人的經驗 和能力來對抗「能力歧視」，在社會中促進無障礙和包容。

## The Benefits of Yoga Therapy Intervention 瑜珈早期介入治療的益處

YAMA Foundation conducted a study to measure the effects of yoga therapy as a form of early intervention and rehabilitation among 60 children with disabilities and special education needs (C-SEN). The study took place from January 2021 through December 2023. Study findings suggest that yoga therapy is an effective alternative to conventional therapy.

YAMA基金會進行了一項研究，以衡量瑜珈治療作為早期介入和康復形式對60名殘障兒童和特殊教育需求者(C-SEN)的影響。該研究從2021年1月至2023年12月進行。該研究報告結果顯示，瑜珈治療是一種有效的替代傳統治療方法。

### Results included:

#### 報告結果包括：

30% of participants showed improvements in gross motor development after the intervention

三成參加者在干預後展現了大肌肉動作發展的改善

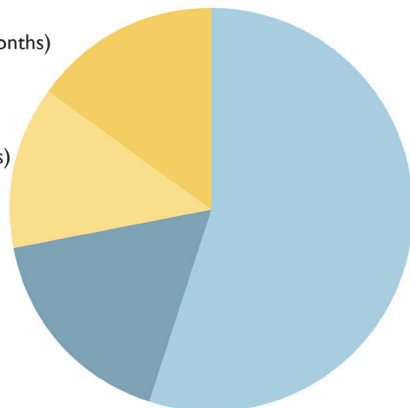
### Gross Motor Development (2023 YTSS, n=60)

大肌肉動作發展  
(2023年瑜珈治療獎學金計劃 - YTSS, N=60)

17% Progressed (up to 12 months)  
17% 進展(0至12個月)

13% Progressed (12+ months)  
13% 進展(12個月以上)

55% Maintained progress  
55% 持續進展



22% of participants showed significant improvements in Language development.  
22%的參加者顯示出顯著語言發展的改善。

One parent reported that her “previously mute” child gained confidence in communication, suddenly becoming “a chatterbox.”

一位家長報告說，她的孩子「以一言不發」在溝通方面增加了自信，突然變成了一個「話匣子」。

Teachers noted qualitative improvements over the course of the intervention, including: increased body awareness, improved self-regulation and confidence.

老師們在介入治療課程中留意到參加者顯示出質量性的改善，其中包括：身體意識的增加，進步了的自我調節和自信心。



58% of participants assessed were able to identify more body parts after the intervention, showing a great improvement in body awareness.

58%的參與者在介入治療後能夠辨認更多身體部位，顯示對身體意識有了很大的提升。



Read the full report at: [www.yamahk.org/ytss](http://www.yamahk.org/ytss)

閱讀完整報告: <https://yamahk.org/ytss>



## YAMA Stories: Meet Our Beneficiaries

### YAMA 的故事：認識我們的受益人

#### Meet Marco (認識 Marco)

Marco, a young man with Autism, joined YAMA's yoga therapy programme. He walked in angry and aggressive, but from the first class, he had discovered ways to self-soothe and calm down. He's now a valued part of a small group class. His mother says that Marco now has tools to calm himself and has found a place where people accept him as he is.

患有自閉症的年輕人Marco 參加了YAMA 瑜伽治療試堂計劃。帶著憤怒及惶恐地 走進教室的他，自從上了第一堂就學懂了自我安慰和冷靜的方法。他現在是我們小 組班中重要的一分子。Marco媽媽說，他現在擁有了可令自己平靜下來的工具，並且找到了一個被人接受的羣組。



#### Meet Catrin (認識 Catrin)

Catrin joined YAMA's Wheelchair Yoga group classes. Through yoga and mindfulness Catrin found a way to process her emotions, and help others too. She is now a YAMA ambassador, certified in Accessible Yoga, and has her blog Shift Yourself Now. She shared her journey to wellbeing at the ISAAC Conference 2018.

Catrin 參加了 YAMA 的瑜伽治療，隨後更參加了輪椅瑜伽小組班。透過瑜伽和正念，她找到了處理情緒的方法並去幫助他人。她現成為了YAMA的親善大使，亦是一位持牌的無障礙瑜伽導師，更創建了自己的博客Shift Yourself Now 「現在就改變自己」。於2018年度ISAAC 會議中更分享了自己向福祉進發的旅程。



#### Meet Helen (認識 Helen)

Helen came to YAMA's Yoga for Seniors class because she was experiencing a lot of discomfort, muscle stiffness, and limitations in her daily movement. Slowly, through the practice of yoga, Helen felt transformation in her body and mind. Not only did she find relief from pain, she improved her posture, mobility and balance. Through mindfulness, she found a greater connection with her inner strength and confidence.

Helen來參加YAMA的長者瑜伽班，因為她身體感到很不舒服，肌肉僵硬，並且在日常活動中有很多限制。慢慢地透過瑜伽的練習，Helen感受到了身心的轉變。她不僅從疼痛中得到了緩解，還改善了 姿勢、活動 力和平衡感。透過正念，她 找到了與內在力量和信心更深的聯繫。





## APPLY FOR 1:1 YOGA THERAPY FOR PWD/SEN 申請一對一瑜伽治療【殘障/有特殊需要】

Yoga therapy is a viable form of intervention and rehabilitation for people with disabilities and special needs. Our Yoga Therapy Scholarship Scheme awards successful applicants with 10 sessions of individual adaptive yoga therapy to improve gross motor planning, social development, self-regulation and mood. Eligible candidates are invited to apply.



瑜伽療法是一種可行的及早干預和康復方式，適合患殘疾和有特殊需要的人士。我們的瑜伽治療獎學金計劃為成功申請者提供10次個人適應性瑜伽治療，以改善大肌動作規劃、融入社會，處理情緒和自我調節。誠意邀請\*符合有需條件的人士申請。

### Eligibility Criteria

Applicants who meet all of the following criteria are eligible to apply for this programme:

- Must be aged 0-19 with moderate to severe disability or special needs;
- Must demonstrate financial or other essential need (e.g., severity of disability or lack of therapeutic support);
- Must commit to the full programme and agree to the YTSS Terms & Conditions to participate in the Scheme.

Please note that application does not guarantee placement. We announce placements for the scheme up to three times a year.

### 資格準則

符合所有以下準則的申請人士均有資格申請此計劃：

- 年齡必須18歲或以下，患有中度至嚴重程度的殘疾或有特殊需要人士；
- 必須證明經濟上或其他基本需求（例如，患殘疾的嚴重程度或缺乏治療支持等）；
- 如欲參與本計劃必須完成整個計劃並同意YTSS中的條款及細則。

敬請注意申請後並不保證課程位置。

**Apply Now: [www.yamahk.org/ytss](http://www.yamahk.org/ytss)**

**現即報名: [www.yamahk.org/ytss](http://www.yamahk.org/ytss)**



## Try it Yourself: Easy Chair Yoga Home Practice Guide

### 自我體驗：簡易家中椅子瑜伽練習



#### Before you begin

- Every body is different. Some stretches or movements may not be appropriate for you. Practise mindfully and stop if you do not feel comfortable.
- Make sure to practise in a safe and clear space. Check your chair for sturdiness before using.

#### 開始前

- 每個人的身體都是不同的。有些伸展或動作可能不適合您。要有意識地練習，果覺不適，請即停止。
- 確保在安全和足夠的空間練習。在使用椅子之前，檢查椅子的堅固程度。

Free yoga classes: [www.youtube.com/yamafoundation/](http://www.youtube.com/yamafoundation/)  
免費瑜伽堂：瀏覽[www.youtube.com/@yamafoundation/](http://www.youtube.com/@yamafoundation/)  
找到YAMA視頻







**BACKWARD BEND:** Sit towards the edge of the chair and reach back to hold the sides of the chair. Arch the back, push the chest upwards and roll the shoulders backwards.

後彎：坐在椅子的邊緣，伸手向後抓住椅子的兩旁。彎曲背部，胸部向上推，把肩膀滾動到身後。



**SEATED TWIST:** Turn the torso to hold the back of the chair with the right hand and use the left hand to push on the outer side of the right leg. Repeat on the other side.

坐姿扭轉：扭轉軀幹，用右手抓住椅子的背部，用左手推壓右腿的外側。然後換邊重複練習。



**LATERAL STRETCH:** Hold the side of the chair with the right hand. Lengthen the spine, reach the left arm up and arch towards the right. Repeat on the other side.

側向伸展：用右手抓住椅子右方的邊緣。伸展脊椎，將左臂向上伸展，軀幹向右侧彎曲。然後再換邊重複練習。



**SPINE STRETCH:** Bring one bent knee up towards the chest. Bring the forehead down towards the knee. Repeat on the other side.

脊椎伸展：提腿曲膝向軀幹拉近。將前額垂向膝蓋。然後再換邊重複練習。

**DOWNWARD DOG WITH CHAIR:** Hold the back of the chair, hinge from the hips and shift the chair away to allow yourself to come into a fold.

椅子下犬式：站著面向椅背，並用雙手扶著椅背頂部。把椅子慢慢向前移動直至軀幹和地面平行，伸展腰背和大腿後方。



**WARRIOR I POSE:** Sit with the left thigh over the seat of the chair, bent at 90 degrees. Stretch the right leg straight behind with the heel towards the ground. Raise both arms with palms together. Hold for a few breaths and repeat on the other side.

戰士第一式：左大腿坐在椅子上，屈膝至大腿和前腿成直角，軀幹向左腿方向。右腿向後伸展，腳跟壓地。舉高雙手，維持該姿勢數個呼吸，然後換向右腿重複步驟。



**SIDE ANGLE POSE:** Sit with the left thigh over the seat of the chair, bent at 90 degrees. Stretch the right leg straight behind with the heel towards the ground. Rest the left elbow on the left knee. Raise the right arm straight by the ear. Hold for a few breaths and repeat on the other side.

斜角伸展：左大腿坐在椅上，屈膝至大腿和前腿成直角，右腿向椅子另一旁伸直，腳跟壓地。左肘輕放在左膝上。舉高右手直至手臂在耳旁。保持姿勢深呼吸首次，前後重複另一邊。



**TREE POSE:** Hold the chair with your right hand to steady yourself. Bend your right leg and bring the right foot onto the left calf. Raise your left arm up by your ear. Repeat on the other side.

樹式：右手輕扶椅背站穩。屈曲右膝把右腳放在左小腿旁，右手臂舉高至耳旁。重複另一邊。



## How to Get Involved? 誰可參加？

### Join our Accessible Wellbeing Conference

#### 參加我們的無障礙身心福祉大會

YAMA Foundation's biannual wellness conference is dedicated to optimising the quality of life experience for people with disabilities and special needs, and creating a more inclusive and accessible wellbeing industry and society as a whole.



**Accessible  
Wellbeing**  
無障礙身心健康

The Conference is open to PWD/SEN communities, elderly, families, caregivers, service providers, NGOs, academic faculty, health and wellbeing professionals.

YAMA基金會每兩年一度的身心福祉大會致力於優化殘障和特殊需求人士的生活體驗質素，並創造一個整體性更具包容和可及的福祉行業和社會。

該大會歡迎殘障/特殊需求社羣、長者、家庭、照顧者、服務提供者、非政府組織、學術界教職員工、健康和福祉專業人員參加。

**Please join us! See details:**

請報名參加！詳情請見：

[www.yamahk.org/conference](http://www.yamahk.org/conference)



### Join our next Adaptive Yoga training for wellbeing professionals

#### 參加我們下一回為身心福祉專業人員而設的適應瑜伽培訓。

Learn to teach yoga for a diverse range of health conditions, disabilities and special needs. This training, delivered in partnership with Hersha Yoga, lays the foundation to become a certified yoga therapist and is the first step towards assisting in a YAMA class.

學習如何教授適應於各種健康狀況、殘障和特殊需求的瑜伽。該培訓是與HershaYoga合併舉辦，為成為瑜伽治療師奠定了基礎，更是協助YAMA教授課程的第一步。



**See curriculum and learn more at:**

欲了解更多詳情請瀏覽：

[www.hershayoga.com/register/safeguarding-communities-yama](http://www.hershayoga.com/register/safeguarding-communities-yama)





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