



Yoga for **CEREBRAL PALS**

MATT GLUCK

yoga
Wellness

For children with Cerebral Palsy, the leisure of regular yoga practice facilitates the amazing patience, confidence and fortitude needed to live a fulfilling life. Yoga acts as a prop for body and soul, providing maintenance to improve mobility and strength. This reduces the needs and improves the effectiveness for modern medicines and surgery which aim to control seizures and calm trembling tissues and nerves.

