



An Integrative Approach to ADD/ADHD Half day workshop

Treating Attention Deficit Disorder/ Attention Deficit Hyperactivity Disorder through Craniosacral Bodywork, Yoga & Mindfulness practices

When: Saturday, April 18, 10am-2:30pm

Where: Root & Branch Center, 2409 Sacramento suite 2, SF, CA 94115

<http://rootandbranchcenter.com>

Cost: \$45. Limited to 15. This workshop is for Craniosacral practitioners.

To Register – catorshachoy@gmail.com

Attention Deficit can be effectively treated through an integrative approach. As cranial practitioners we can work with the tissues to balance the body and optimize the environment of the brain – improving brain functioning. Our work can be even more effective incorporating complementary practices. Yoga & Mindfulness are great tools for engaging children in their own healing – and there is abundant research showing the benefits of these practices for Attentional and Behavioural conditions.

The information presented is coming directly out of my private practice, and is based on what I have found works well (and what doesn't). We'll have some discussion about the different ways attention deficit can present, and how to work skillfully with it in your private practice. Incorporating Yoga & Mindfulness practices can help to make Cranial work more effective in many ways. For one, it buys time - instead of trying to make a restless child lie still, why not engage them in activity that will support their overall health and wellness?

Yoga & Mindfulness support self regulation and build self awareness, helping children and their families to help themselves. And, it's fun! So, why not?!? I'd like to leave you with tools you can put into practice in your work with children and families. Bring your questions and curiosity - this will be an engaged (and engaging) seminar.

We'll spend time on each of the subjects (Overview & Cranial approach, Yoga, Mindfulness, Building Rapport with Children & Parents) with time for questions and a break mid-way. We'll focus on ADD/ADHD, but information presented will be applicable to our work with children in general, as well as adopting an integrative approach.

About the Instructor: **Cator Shachoy** is a Craniosacral Practitioner, Iyengar trained Yoga Instructor, and Mindfulness Teacher. She began each of these practices in 1990 to heal chronic illness. Through consistent training in these disciplines, she recovered her strength and vitality. Cator is a certified practitioner of Visionary Craniosacral Bodywork through the Milne Institute with a specialty in Pediatrics, an E-RYT 500 through Yoga Alliance and MBSR instructor. She is in private practice in San Francisco & Berkeley, and teaches workshops weaving together wisdom from each of these traditions. www.catorshachoy.com. Cator is the Founder of Youth Yoga Dharma, a 501c-3 non-profit dedicated to sharing yoga & mindfulness with youth – www.youthyogadharm.org.