

## Families with ASD | 2017 Autism and ALL Expo Breakout Session #6: Yoga and Mindfulness for Everyone

**What:** Yoga and Mindfulness for Everyone (Breakout Session #6)

**When:** Saturday, April 1, 2:00 – 3:15 p.m.

**Where:** Room 203  
Sharonville Convention Center  
11413 Chester Road  
Cincinnati, OH 45246

**Who:** Parents, educators, caregivers and more

**More info:** [autismexpo.org](http://autismexpo.org) and [kidpowertherapyservices.com](http://kidpowertherapyservices.com)

### Yoga and Mindfulness for Everyone

Presented by Melanie Higgins, MHS, OTR/L, CYT, and Kid Power Therapy Services



Whether you are an experienced yogi or one of the many “yoga-curious,” this informative and experiential session will help demystify yoga and mindfulness, and leave you with simple practices for adults and children alike. This session provides an introduction to these practices along with their countless mind-body benefits and how they might be used in a home, clinic, or school setting, for both the caregiver and the care receiver. Participants are invited to take part in a variety of simple yoga and mindfulness based practices. No mats or special clothing is required—just a willingness to maybe try something new.

#### About Melanie

Melanie is a 200 hour certified yoga teacher and an occupational therapist with a Master of Health Science degree in Occupational Therapy. She is a self-proclaimed wellness enthusiast and lover of all things yoga. She is also a wife and mom who seeks balance in life through yoga. Her personal motto is, “I am not what happened to me. I am what I choose to become.” (C. G. Jung) Namaste.

Melanie received her Bachelor of Science degree in Occupational Therapy from Xavier University in 1998 and her Master of Health Science degree in Occupational Therapy from the University of Indianapolis in 2006. She has worked in the pediatric field since 2003 and has been with Kid Power Therapy Services since 2006. She has worked in a variety of school settings as well as the clinic setting. Her therapeutic approach is eclectic and she enjoys making therapy fun and manageable for families. Melanie enjoys learning more about the field of pediatric occupational therapy in order to provide an effective therapy experience for her clients. Melanie lives in Milford, Ohio, with her husband and son. She enjoys spending time with her family, especially when they can do outdoor activities together. She is a self-proclaimed wellness enthusiast and certified yoga teacher. She enjoys bringing yoga to her therapy sessions.

#### Contact Melanie

[kptherapyservices@gmail.com](mailto:kptherapyservices@gmail.com) | (513) 575-5431 | [kidpowertherapyservices.com](http://kidpowertherapyservices.com)