

Yoga for connection









Wellbeing. Shared Connection. Belonging.

Yoga for connection is a co-designed, neuro-affirming program that uses yoga, mindfulness and shared connection to support autistic people and loved ones wellbeing.



Fostering connection




Community engagement identified the importance of:

-  Soft or adjustable lighting (93%)
-  Comfortable room temperature (80%)
-  Clear and simple spoken instructions (80%)
-  Visual demonstrations or supports (80%)
-  Adaptable movements to suit individual needs (80%)
-  Predictable class structure (67%)
-  Receiving information beforehand about what to expect (67%)
-  Having no pressure to participate immediately (66%).



"It has been helping me every week with my mental health"
- Participant

Participation in the pro-

-  **66 participants**
-  26 in the School Holidays Program
-  40 in the School Terms Program

The outcome

- ✓ 100% of participants felt that their experience was good to excellent.
- ✓ 100% of participants felt more relaxed and calm after the sessions
- ✓ 90% of participants that attended with someone, felt more connected to them after the session
- ✓ 100% of participants felt comfortable during the sessions

Having a teacher who understands autism was great as it felt like a genuinely neuro-affirming space where [my daughter] could feel welcome and comfortable.

- Parent



Impact of the program:

- 🤝 Appreciation of facilitator style and environment
- 🌸 Relaxation and calm
- 💖 Positive mental health impacts
- 👥 Human connection and social engagement
- ⭐ Desire for the program to continue



Attention was given to things such as the sensory environment, which is something that is not necessarily a part of other yoga environments, especially kids yoga.

- Parent



Fun and engaging

Thank you to Yoga for Good as the funding partner and to all participants that engaged in the program.