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Contributors

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RelaxationSM, a Yoga-based training, to exceptional students and their teachers in the local public school system in Florida since 1981. She teaches children with autism and varying exceptionalities and provides training to their teachers and coaches in the public schools and has worked extensively with students and faculty at centers for severely emotionally disturbed children. Louise also conducts parent/child Yoga classes for special needs. She has a private practice at the Yoga Center of Deerfield Beach, where she also teaches Hatha-Yoga and is on the faculty of the Yoga Teacher Training course. Louise has coauthored a Yoga-based training kit that is used to teach relaxation techniques to ESE children in the public schools, and she has produced videotapes for trainings offered both in the schools and privately. She coproduces music and instructional CDs with her husband, Richard Foss.

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