

Autism Music and Dance Therapy at Home

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Category: [Health & Medicine](#)

Press release from: [Autism Movement Therapy](#)

Agency: **SparksFly PR**

Van Nuys, Calif., May 6th, 2008 – The release of aut-erobics® on DVD was announced today, offering the first therapy designed for children with autism that combines a structured program of music and movement, allowing them to express themselves and experience the joy of moving their bodies and developing a sense of independence, self-determination and social interaction.

Most importantly, aut-erobics® is just plain fun for kids and offers the opportunity to dance and learn simultaneously. Now on DVD, children, parents and teachers can now enjoy aut-erobics® at home.

Developed by Joanne Lara, aut-erobics® offers a natural strategy for children with autism with limited speech and language communications skills, connecting the left and right hemispheres of the brain for a “whole brain” cognitive re-mapping approach to Autism.

Dr. Martha Herbert, Ph.D. Harvard Medical School, states: “Joanne Lara knows that the brain needs the body to move. She gives the gift of her artful knowledge to children with autism, helping them to fulfill their wholeness and their potential.”

aut-erobics®, the first therapy designed for children with autism that combines movement and music, is proving to be one of the most effective ways of stimulating communication between the left and right hemispheres of the brain by actually bridging the two sides of the brain to increase overall cognitive processing. aut-erobics® literally awakens the brain by introducing a structured and fun form of therapy through music, dance and improvisation.

For a press sample DVD, contact Dirk Foster (323) 404-6957 or dirkfoster@sparksflypr.com

The aut-erobics® DVD can be purchased at www.autismmovementtherapy.com

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About Joanne Lara, M.A.

Joanne Lara earned her M.A. in Special Education, Moderate/Severe & Multiple Disabilities at California State University, Northridge and has a B.A. in Dance from the University of South Florida. She has a California Mod/Severe Education Specialists K-12 teaching credential and taught for over 10 years in the Los Angeles Unified School District, working exclusively with students with autism. Ms. Lara is the founder of Autism Movement Therapy®, a successful innovative movement and music strategy technique integrating movement and music to unlock and increase communication skills and cognitive awareness in individuals with Autism Spectrum Disorders. Ms Lara lectures at conferences throughout the US and is a faculty member in the Special Education Department at National University in Sherman Oaks, Los Angeles.

www.autismmovementtherapy.com

[You can find this press release here](#)