

Yoga Ethics for Children

This workshop not only addresses the Yamas and Niyamas , or ethical guidelines to living an abundant respectful life based on the principle of Loving Compassion, through experiential yoga practice, cooperative games, meditation, movement, breath, journaling, crafts and lecture, it also synthesizes the vast reservoir of thousands of years of various yoga philosophies, such as Vedanta, Tantra, and Samkhya into child friendly easily digestible seeds of understanding. *October 16 &17.* \$175

Anatomy for Yoga the Body –Mind Centered Way

Bones. Muscles. Organs. Brain. Nerves. Endocrine.

Body Mind Centering is a deeply transformative experiential approach to movement and re-patterning created by Bonnie Bainbridge Cohen, a true pioneer. The study includes supportive guidance of exploration of the self and how it corresponds to our teaching of yoga and other body mind disciplines. Rather than teach yoga anatomy as a fixed series of patterns, we allow the body to tell us on a cellular level the inherent aliveness within. These techniques are then translated into child friendly ways of learning that address the Whole person rather than the parts. By diving richly into the body systems, we learn new ways of body mind consciousness . These workshops also address the hallmark Body Mind Centering series of developmental patterns from embryo to standing. Color Me Yoga believes this approach best reflects the depth of our yoga school. *November 20* Bones. \$125. *November 21* Muscles. \$150. *December 12* Organs. \$125. *January 16.* Brain & Nervous System, \$125. *June 12* Endocrine. \$125

Working with Special Needs Children: Integrating Yoga and other mind/body techniques

This workshop teaches basic techniques of breathing(pranayama), yoga postures(asana), meditation(dhyana), interactive games and creative visualization to help students with special needs such as ADD, ADHD, Autism, Asperger's Down's syndrome , and sensory integration issues, to develop tools for calm, energy, self-soothing, empowerment, strength, coordination, stress reduction, body awareness, social cues, social/emotional skills and total self care.The workshop addresses child development differences at various ages, in order to better guide students through age-appropriate yoga and other mind/body techniques. The program will include both lecture, demonstration, group work and interactive experience . Materials include research articles on the benefits of yoga for special needs children. *December 11* Part I \$95. *January 15* Part II \$95

Little Dancing Yogis

This 48 hours course, divided into 3 weekends or a 6 day immersion, is for anyone who loves to move, groove, practice yoga and work with children ages 2 to 9. It teaches you the fundamentals of yoga-based world dance fusion classes appropriate for children. Learn to develop skills and tools to build your competence for improvisation and being in the moment with children. Global music ,Traditional and contemporary dances with accompanying histories, Stories from around the world, Creative movement techniques,Warm ups,8 breathing techniques, Introduction to 32 yoga poses, Original songs and yoga chants, Movement games, Improvisation ,Art,Children's Ways of Learning ,Body Mind Centering Developmental Movement Techniques,Four sample classes,Marketing your classes.You will be trained to teach 4 Little Dancing Yogis classes: toddler, ages 4-6, ages 6-9, and Rhythms, which can be adapted to ages 2-9 *February 12 &13.* Part I Learn. \$450

Brain Gym

The Brain Gym system uses 26 movements to stimulate brain function. These movements facilitate the integration of the brain for whole brain learning and assist in completing neurological development. Brain Gym prepares students to learn. It enhances rather than replaces other curricula and includes both processes of self-help and facilitation. Brain Gym movements can be done occasionally, routinely, or even daily and only take minutes to complete. This system is an award winning program offering new possibilities to all people and is providing results world-wide. Brain Gym accelerates the ease of learning. Reading, math,

creativity and athletic skills have shown improvement. Brain Gym also supports behavioral management. Many of the movements in Brain Gym reflect the yoga practices of Asana and Pranayama(yoga postures and breathing techniques). *March 12 \$175*

YogaEd Fundamentals

This introduction to YogaEd will teach you simple yoga-based exercises and cooperative activities to refresh YOU the teacher so that you can model peacefulness and balance in the classroom. You will learn easy classroom management skills to foster focus, creativity, relaxation and motivation to learn. Learn how to teach distress techniques to the learning environment. Immediate results guaranteed. YogaEd helps before tests, to increase learning receptivity and to keep children focused. *March 13 \$65*

Pre,Post and Mommy and Baby Yoga

This extended Workshop gives you techniques to successfully modify yoga to pre and post natal mothers, as well as introduce best practices for Mommy and Baby yoga classes. Filled with practical information, innovative ideas for teaching, and safety intelligence for the expectant and post partum mother, this workshop will help you grow your yoga repertoire and your children's yoga business. *March 13 \$125*

Body Image, Self Esteem and Yoga

This workshop gives you tools, research and yoga practices to encourage self esteem building in children and teens. We will discuss the concept of body image, how it is influenced, and how to teach positive body image. We will learn what self esteem really is, how to nurture it in ourselves and the children we teach. We will also learn how to integrate yoga practice into self esteem and body image education, reframing how we think about our bodies and ourselves by reframing familiar terms to better educate. *April 16 \$65*

Sign Language and Yoga for Children

This workshop teaches you adaptive ways to bring basic sign language into yoga classes for children of all capabilities. Learn about the culture of the deaf community, how to best interact with the hearing impaired child in your class, and create an integrative yoga environment. *May 15 \$65*

Chakra Yoga for Children

Chakra Yoga for Children integrates the esoteric principles of the chakras, or spinning energy centers in the energy field of the body, into child friendly terms that help children embody their Chakras. There are 7 main chakras in the body, each related to complimentary glands and earth qualities, such as roots, water, fire, air, ether, sound, light, space. By helping children fine tune their sensitivities to the chakras, we aid them to be spiritual as well as physical beings on the planet. Chakra yoga involves innovative techniques, stories, interactive games, healing practices appropriate for children, and a simplified version of seed mantras, alignment, form and movement. *June 11 \$150*

Nutrition and Ayurveda for Children

This workshop offers you tools to constructively integrate whole health nutrition into your yoga classes and other practices. It teaches you the basics of Ayurveda, which means the science of life, the companion practice to yoga. You will learn the three doshas, or body constitutions and which poses, breathing techniques and yoga practices work best with individual children so that you can effectively reach every child with what they need. *July 10 \$75*

