

Color Me Yoga Foundations Online Course

1. What is Color Me Yoga?

Color Me Yoga is a program designed by Marsha Therese Danzig, RYT, KYTA, IAYT, M.ed., now almost two decades long, which trains people in the Color Me Yoga Philosophy of Transforming the World One Child At A Time. This online program enables anyone wanting to bring the gift of yoga to children invaluable basic yogic techniques for calm, strength , body awareness, coping tools ,respect, flexibility of mind and body, self-esteem, spiritual awakening, yoga ethics, relaxation., creativity , self-acceptance, and community, building inner awareness and global consciousness in children.

Color Me Yoga® for Children is a program that embodies the true spirit of yoga. Children not only learn physical postures and breathing, they also learn that they are worthwhile citizens of the universe, energetic sparks that have the power to transform the world.

Love is the motivating force in all aspects of Color Me Yoga® for Children programs

2. Bio of Marsha Therese Danzig

*Marsha Therese Danzig, M.ed Harvard
Director and Creator of Color Me Yoga®,*

Marsha Therese is a yogi's yogi. She has been practicing yoga and dance both on and off the mat since she was a very young girl, when she was first diagnosed with a life-threatening illness that has greatly affected her life. Her Joy-Filled Spirit has been a vital force in her physical healing, her teaching, her work as a healer in the beauty way, and her everyday existence. She believes in the innate wisdom of all children. Color Me Yoga® is her personal dream to reach as many children as possible throughout the world with the simple gift of breath, joy in the body, safety in the soul, kindness in the essence of each human being. She practices an embodied sense of spirit, trusting that above all else, the body is the messenger. We are the students. Her teaching style is warm, funny, full of love and a deep sense of reverence for each soul that enters her classroom.

3. For whom is the online course?

This training is for:

School teachers, day care providers, home school parents, occupational therapists, nurses, physicians, child psychologists, yoga instructors, massage therapists, families, caregivers, social workers, NGO staff, guidance counselors, community leaders, anyone wanting a more heart-centered career, all who want to bring the gift of yoga to children benefit greatly from Color Me Yoga ®'s exemplary, renowned programs..

4. Course Description

The online version of Color Me Yoga Foundations covers all the materials equivalent to an onsite 16 hour weekend Course. In order to best serve your learning, you will document your hours spent each week reading, practicing on your own and with children and doing your homework for that week.

While the program is designed to have you teaching yoga to children, most of the homework becomes a personal journey of transformation..

You are not required to begin your practicum(practice teaching) until the 5th week of the course. This is a six(6) week on line program, of which you have 8 weeks to complete the full course.

Each week you are assigned homework for that week, along with lesson plans . You must email that week's homework by Sunday. If you need a week to digest the material further, please email the director (info@colormeyoga.com) well in advance.

Materials for each week are available on our online site. Please DO NOT jump ahead. The program is designed to be progressive. Allow your body, mind and spirit to take in the information at a comfortable pace.

Once you pay for the training, fill out the application online which is emailed to you, sign and send to info@colormeyoga.com , where you will be logged into the site where you can create an online profile. By the following Sunday, you will email me your completed self assessment form-(see form attachment for each week.), describing what you covered in class, your triumphs, challenges, questions, ideas and concerns.

After 8 weeks access to the classes will no longer be available. .

At the fifth week, you will be required to practice 4 sample classes, fill out assessment forms found at Week 5, and send these to me by email info@colormeyoga.com for review. You cannot receive your certificate of completion until these are finished.

Every other week you receive a live coaching call to support you in your training.

5. Learning Objectives

To learn basic, time tested tools to bring yoga to children

To feel comfortable engaging children in all aspects of yoga

To find the child in you

To instill sacred principles of yoga in children's lives

To create peace keeping in community through yogic practices as lifelong practices

To help children deal with difficulties in a productive, healthy manner

To support boys and girls on their sacred paths

To help bring healing to the lives of disenfranchised children

To aid children with self-regulating tools to lead productive, inspired , grateful lives

6. Materials provided:

1. Color Me Yoga 160 + Page Training Manual of original time tested material.

**While the training manual is a great aid for learning about asana and other yoga practices, the depth of experience in face to face learning is always better. If you would like to continue your training, check out the Color Me Yoga 200 Hour School. www.colormeyoga.com*

2. Handouts of additional sample yoga classes for specific age groups , from toddler to tweens.

3. The Color Me Yoga Coloring Activity Book, with excellent kid friendly pages devoted to the traditional path of yoga

4. A CD or downloadable version of Color Me Yoga original (and a few extras) songs and mantras (kids love them!)

5. Articles on Children's yoga , including benefits and practices

6. Sample health forms

7. Handouts on additional Yoga games

8. Extensive Resource List

9. Coloring Pages

10. Kids evaluation forms

**** Please note all materials are copyrighted and trademarked. While these materials can be downloaded from the web during the course of your training, in keeping with the highest level of integrity possible, please don't be naughty!*

7. FAQ's

1. I can't do some of the yoga poses. **How much experience do I need in order to take this course?**

How can I teach yoga? Be honest and compassionate with yourself about what you can and cannot teach.

Most kids are easy going. The true practice of yoga is recognizing our union , or connection with all things. Asana is a very small part of the yoga path.

2. What are the pre-requisites for this program? It is Highly recommended , though not required, to have a basic knowledge of yoga asana(poses) and a minimum weekly yoga practice of at least one year. Many applicants to Color Me Yoga are new to yoga. What you give you receive. Every student learns what he/she is meant to learn. You must fill out an application sent to the director before beginning your program. You are also required to pay in full at time of registration. This is a BASIC program to give you time tested tools to have greater success with children by using Color Me Yoga Methods.

3. What is required for me to complete this online training? You must complete all modules in full within 8 weeks of your start date in order to receive your certificate of completion.)*** Extenuating circumstances such as serious illness or death in the family, must be discussed with the director. Our objective is to support YOU.

4. I notice that I receive a certificate of completion. What does that mean? The certificate says that you have successfully completed the online training. While any online training is not adequate to give you the full breath of yoga experience, this in depth online program will give you an abundance of practical tools to *get you started* sharing yoga with children wherever you are. These online hours are recognized by Yoga Alliance. For a more formalized training, please register for our 200 hour Color Me Yoga for Children Yoga Alliance Registered Yoga School. www.colormeyoga.com

5. What type of yoga will I be learning during this course? Hatha yoga, which is the traditional 8 limbed path of yoga, will be taught during this class. The 8 limbed path includes the Yamas and Niyamas(moral precepts), pranayama(breathing), asana(poses), Pratyahara(withdrawal of senses) , Dharana(focus), Dhyana(meditation) Samadhi(the path of Bliss).

6. Will I receive the same benefits of an online training as I would with an onsite training? Online trainings mean you can complete the program over the course of 8 weeks without the added cost or hassle of travel and board. You often have an online community of fellow Color Me Yogis with whom you can connect. On site training is a weekend immersion with the benefit of a group class setting.

7. How will I know if I am teaching a pose correctly? There are various methods for reviewing postures. Watch DVD;s of classes, ask to observe yoga classes to see how teachers align and assist, do your homework, such as read the training manual, which gives excellent cues and guidelines for teaching poses, video record your classes so that you can get the feedback you need. With children, we focus less on alignment , more on engaging and enlivening the whole body/mind /spirit through yoga while teaching yoga safely.

8. How do I keep track of my study time? You will be able to download a grid to keep track of your hours, A minimum of 16 hours in total is required for you to receive your certificate of completion.

9. If I want to become a certified yoga teacher, what do I need to do? If you want to be an RYT(Registered Yoga teacher) with Yoga Alliance, you are required to study a minimum of 200 hours, 185 in contact with a director of a yoga school. The 15 non-contact hours may include your Color Me Yoga online certification. A CYT(certified Yoga Teacher) has also completed a minimum of 200 hours of yoga study but may decide not to register with Yoga Alliance.

10. When I complete my program, what can I call my classes? You can say you have completed the Color Me Yoga Online Foundations Course only. You are a certified Color Me Yoga Instructor

11. What kind of follow up do you provide? Once you have completed the training, you can stay in contact by joining the online Facebook forum, receive newsletters from Color Me Yoga , and contacting the director directly. The director is ALWAYS available to answer questions, supporting you on your journey in any way she can with ideas, inspiration, insight. She is also available for private sessions of at least 1/2 hour for \$50 if that is needed as well. You can also join an onsite Color Me Yoga Foundations Course for significant discount.

12. If I have a health problem, are there poses or breathing techniques I should not be doing? When you fill out your application please be crystal clear about any health concerns, such as herniated disc, injuries both recent and old. The director will respond immediately with guidance about what you can and

cannot do; however you are primarily responsible for your health and well being both during and after the online training is completed.

13. What happens if I need to drop out? There is no reimbursement for drop-outs. Your full payment is due at time of registration

14. How do I receive my materials? You can also download the materials for each week directly from the web.

Please note that ETHICS is of the highest magnitude in yoga. These materials, built from years of practice and self-study as well as a lot of footwork, are copyrighted materials. When you sign your application, you agree to follow the sacred precepts of yoga, honoring your self and your teachers by never selling, copying, or distributing the materials in a way not ethical or non yogic. You also agree to ask the director of Color Me Yoga if you want to use these materials in any way not specified in the scope of this training.

8. Application Process

Please fill out the application, sign (electronic signature is name spelled out in entirety) and return via email or to the address listed on top of the application. Once we have received your application and payment in full, you will receive your login information to begin your Color Me Yoga Journey!

Payment options : credit card through website shop

9. Color Me Yoga Curriculum

Week One- Introduction to Color Me Yoga. Centering techniques,

Week Two-Asana(poses)- Standy, upsy downy, bendy, Meditation for Wee ones, Partner Yoga

Week Three-Pranayama, Warm-Ups, Asana- twisty, on your bottom, All the way down!

Week Four-Special needs Kids, Creative Movement, Yoga Games, Philosophy

Week Five- Toddlers, Tweens, Vinyasa, Practicum

Week Six- Chakras, Marketing, Practicum, Completion .