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Join us at the DCAC Fitness Conference in Alexandria, Virginia (just outside Washington, DC) for a Christ Centered Yoga™ main conference session and a post-conference workshop. Christ Centered Yoga™ fuses Biblical study with yoga for a uniquely soulful experience. By incorporating all that we are - body, mind, and spirit - into our yoga practice, it becomes a powerful prayer that brings a rare sense of peace and purpose to the practitioner. Join us as we discover the seven elements of a Christ Centered Yoga™ class, the four components of prayer, the benefits of yoga, faith and prayer on health, discuss pose form and alignment, practice cueing and review the modifications for the most common yoga poses. This teacher training workshop is open to students. People of all faiths are warmly welcome.

**YOGA ALLIANCE CONTACT HOURS, ACE CEC's, AFAA CEU's**

**Workshop By:**

**Becky Martin, E.-R.Y.T. 200**, (770) 861-8420; [becky@christcenteredyoga.org](mailto:becky@christcenteredyoga.org)  
**Tamara Willman, R.Y.T. 200** (770) 540-0182; [tamara@christcenteredyoga.org](mailto:tamara@christcenteredyoga.org)

**Hilton Alexandria Mark Center**

5000 Seminary Road, Alexandria, VA 22311; (703) 845-1010

**Friday July 31, 2008 7-9am Main Conference Session**

**and**

**Sunday, August 3, 2008 1:30 – 6:30pm Post-conference**

**Workshop:**

Registration, Master Classes, Manual Review, Prayer and its Four Components, Seven Elements of a Christ Centered Yoga™ class, Benefits of Yoga, Faith and Prayer on Health, Pose form and alignment, Cueing with scriptural language, Linking yoga poses to Scripture, Modifications for Common Poses, Music selection, Guided Relaxation, Q & A, Evaluation

**TUITION \$99**

Please visit [www.dcacinc.com](http://www.dcacinc.com) for detailed information and to register securely online.

*God's secret plan has been revealed to us; it is a plan centered on Christ, designed long ago according to his good pleasure.*  
*Ephesians 1:9 (NLT)*