

Christ Centered Yoga™ Workshop

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)

Christ Centered Yoga™ is a physical practice whose goal is to draw the practitioner into a personal connection with Christ by studying God's word and allowing its truth to lay the mental and spiritual foundation by which we add the physical practice of yoga. By incorporating all that we are-mind, body, and spirit-into our yoga practice, it becomes a moving prayer of praise and worship of Jesus Christ. 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 CEU's: 5.0

ACE CEC's: .7

AFAA CEU's: 7.

DCAC Fitness Houston Conference

JW Marriott Hotel Houston
5150 Westheimer, Houston, Texas, 77056
(713) 961-1500; www.jwmarriotthouston.com

Workshop By: Becky Martin, E.-R.Y.T. 200

(770) 861-8420; becky@christcenteredyoga.org

Thursday, April 30, 2009, 9 – 5pm

Registration, Master Class, Manual Review, Prayer and its Four Components, Seven Elements of a Christ Centered Yoga™ class, Benefits of Faith and Prayer on Health, Modifications for Common Yoga Poses, Guided Relaxation, Q & A, Evaluations

TUITION: see DCAC website for all pricing and registering: www.dcacfitness.com

PROVIDED: Illustrated Manual, including Class Formats utilizing Scripture: "Illuminations"

REQUIRED: Please bring a yoga mat, towel, layered clothing, snacks, and water. If you are an ACE and/or AFAA certified instructor or a RYT with Yoga Alliance, please bring your certificate number.

REGISTER: Online: www.dcacfitness.com
