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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™ 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

Living Stones Church

76-6224 Alii Drive, Kailua Kona, Hawaii 96740

Contact: Megan Chapman (808)987-5228 Templeministries@hawaii.rr.com

Workshop By:

Becky Martin, E.-R.Y.T. 200, (770) 861-8420; becky@christcenteredyoga.org

Tamara Willman, R.Y.T. 200 (770) 540-0182; tamara@christcenteredyoga.org

Friday, October 24, 2008 1-7pm and Saturday, October 25, 2008 9:00am – 4:00pm

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 \$259 REGISTER ON OR BEFORE 9/15/08 AND TUITION is \$199

Group rate \$160pp (5 or more registering together by 9/15/08)

CCY T-shirt included (order will be taken after registration has been received)

PROVIDED: Illustrated Manual w/class formats, CCY Teacher Training certificate, CCY T-shirt.

REQUIRED: Please bring a yoga mat, towel, layered clothing, snacks, and water. If you are ACE, AFAA or Yoga Alliance registered, please bring your certificate number for CEU's.

REGISTER: **Online:** www.christcenteredyoga.org **Mail:** Payment with completed registration form: Christ Centered Yoga, 1071 Green Street Circle, Gainesville, GA 30501

Fax: (770) 536-6164 **Phone:** (770) 861-8420 with your VISA or M/C.

Christ Centered Yoga™ Teacher Training Registration Form

Living Stones Church, Friday and Saturday, October 24-25, 2008 \$259 or \$199 on or before September 15, 2008

How did you hear about Christ Centered Yoga™? Yoga Journal Ad Website Other _____

Name: _____ **E-mail:** _____

Street Address: _____

City: _____ **State:** _____ **Postal Code:** _____ **Country:** _____

Daytime Phone: (____) _____ **Evening Phone** (____) _____

Method of Payment: (circle one) Personal Check VISA MC Amount Charged: _____

Card# _____ - _____ - _____ **Expiration:** _____ / _____

Name on card: _____ **Signature:** _____