



**Join Christ Centered Yoga™
At the
DCAC Fitness Conference:**

**August 6, 2009 1 day Pre-con Workshop
August 7-8,2009 CCY sessions at conference**

Join us at the DCAC Fitness Conference in Alexandria, Virginia (just outside Washington, DC) for a Christ Centered Yoga™ main conference session and a pre-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.

CEC's: .7 ACE, 7.0 AFAA, 4 contact hours for Yoga Alliance

Workshop By:

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Hilton Alexandria Mark Center

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

Thursday, 8/6/09 Pre-conference Workshop 9am-5pm \$129:

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

Friday and Saturday 8/7- 8/09 Main Conference Sessions

One Day and Three Day Main Conference options available

Please visit www.dcacfitness.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)