

Christ Centered Yoga™

16 Hour Teacher Training Intensive

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 - body, mind, 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.

Minimum 1.0 ACE CEC's, 10 AFAA CEU's (currently petitioning for 1.4 and 14 respectively); Yoga Alliance 8 contact hours

Workshop By:

Becky Martin, E. R.Y.T. (770) 861-8420; becky@christcenteredyoga.com
Christ Centered Yoga™; www.christcenteredyoga.com

The Fellowship of Cinco Ranch

22765 Westheimer Parkway, Katy, TX 77494; www.thefellowship.org

Workshop Contact: *Katy YMCA*; Pam Filip (281) 392-5055; PamF@ymcahouston.org

Workshop Host: Mariana Vigil; (832) 428-5865; mvigil0@yahoo.com

Nearby Hotels: Springhill Suites (281) 644-4455; Holiday Inn Express (281) 295-4800

Friday and Saturday, October 23-24, 2009; 8am – 6pm

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 9/23/09 AND TUITION is \$199

Group rate \$160pp (5 or more registering together by 9/23/09)

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. **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

The Fellowship of Cinco Ranch, Katy, TX; Friday & Saturday, October 23-24, 2009. \$259 or \$199 on or before 9/23/09

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:** _____