



# YOGA TEACHER TRAINING

## 252-Hour Certification Course

*The path of the righteous is like the first gleam of dawn, shining ever brighter till the full light of day. Prov. 4:18*

**FEB. – NOV. 2009**

*The mission of  
New Day Yoga is to  
lead people into a  
fuller life in Christ,  
led by the Spirit,  
renewed in mind,  
and strengthened  
in body.*

The purpose in offering a Yoga Teacher Training program from a Christian perspective is to equip those who are Believers in Jesus Christ who want to teach yoga or want to deepen their practice of yoga without compromising their faith. This training adheres to the national standards of Yoga Alliance and, more importantly, to the truth found in the Holy Bible. New Day Yoga Teacher Training is a registered yoga school with Yoga Alliance.

### **Topics to be Covered:**

Asana	Human Anatomy & Physiology
Pranayama	Energy Anatomy & Physiology
Kriyas	Chakras/Nadis
Chanting	Yoga Philosophy
Mantra	Yoga Lifestyle
Meditation	Yamas/Niyamas
Principles of Demonstration	Ethics for Yoga Teachers
Assisting/Correcting Students	Practice Teaching
Teaching Styles	Qualities of a Teacher
A Student's Process of Learning	Business Aspects of Teaching Yoga

### **Location of Teacher Training:**

New Day Yoga Studio, 2716 Bent Creek Drive, Kennesaw, GA 30152

### **Instructor:**

Dayna Gelinas, E-RYT 200, has been teaching yoga, fitness, and/or education classes since 1982. A gifted teacher with a passion for truth, she passes along accurate information with clarity, precision, a positive energy, and heart. She currently teaches weekly classes in the metro-Atlanta area, conducts seminars and workshops and leads annual retreats.

### **Dates of 2009 Training (252-Hour Course includes all 10 weekends):**

Weekend 1: Feb. 27 – Mar. 1	Weekend 6: July 18-19
Weekend 2: March 28-29	Weekend 7: August 15-16
Weekend 3: April 25-26	Weekend 8: September 12-13
Weekend 4: May 23-24	Weekend 9: October 10-11
Weekend 5: June 20-21	Weekend 10: November 7-8

### **Beginning and Ending Times of Weekend Training:**

Friday: 3:00pm – 6:30pm (Only the first weekend meets on a Friday.)  
Saturday: 8:00am – 6:30pm  
Sunday: 8:00am – 6:30pm

### **Financial Information: (Make checks payable to New Day Yoga.)**

Application Fee: \$35  
Teacher Training Fee: \$2200 if registered by Jan. 1, 2009  
\$2300 if registered after Jan. 1, 2009

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