



new day yoga

Yoga from a Christian perspective.

Yoga Basics: for the beginning to continuing student

is a CD of yoga instruction from a Christian perspective. The CD begins with centering your mind and body in Christ; then it takes you through 24 yoga poses step-by-step. The instruction is clear, detailed, and set at a such a pace that a beginner to yoga who has had some class instruction on the basic poses will be able to follow along with ease. The more experienced yoga student will benefit from the length that the poses are held. Scripture is given throughout the practice to help all levels of yoga students center their bodies and minds in the Word and reality of God. After completing the practice, you will feel inspired in spirit, renewed in mind, and strengthened in body.

Instructor, Dayna Gelinas, RYT, has combined her 26 years of teaching/fitness experience to create a unique yoga practice, combining safe yoga instruction with solid Biblical truth.

To order, mail in the coupon below to
New Day Yoga, 2716 Bent Creek Drive, Kennesaw, GA 30152.

Thank you for your order.

Name _____
Street _____
City/State/Zip _____
Phone _____
Email _____

Please send me _____ copy(ies) of New Day Yoga's **Yoga Basics: for the beginning to continuing student CD @ \$16** each.

Please send me _____ copy(ies) of New Day Yoga's **Yoga Basics: for the beginning to continuing student CD POSTER @ \$4** each.

Postage and handling, add \$3.50 for first \$20.00 plus \$1.00 for each additional \$10.00 ordered.

Order subtotal: _____
Tax at 6%: _____
Postage and handling: _____
Total _____