



**Dayna Gelinas, Founder, New Day Yoga
Kennesaw, GA
678-354-1120 studio – 770-883-9866 cell
Dayna@newdayyoga.com**

Dayna Gelinas founded New Day Yoga in 2003, and is one of the first to pioneer yoga from a Christian perspective in the USA. She teaches weekly classes, a 200-hour Yoga Teacher Training Course, workshops and leads annual retreats. In the words of her students, “Dayna is very organized and professional as well as warm-hearted and fun.” “I was immediately struck by her commitment to the teaching of yoga and her love for the Lord.” “She is a fantastic teacher and I can really feel the difference when I have worked with her energy, grace, and talent.” Below is a list of the work she has been involved with since discovering that yoga from a Christian perspective was the path for her.

Accomplishments:

2003 to Present Founder and Director of one of the first Christian yoga studios in the USA, New Day Yoga: Yoga from a Christian Perspective.

2006 to Present Established a formal Yoga Teacher Training Program through New Day Yoga, a 200-hour one year program registered with the National Yoga Alliance.

2011 to Present Established the 300-Hour Yoga Teacher Training program at New Day Yoga. Registered with Yoga Alliance, RYS 300

2007 to 2012 Administrated the Oak Ridge Retreats, an international gathering of Christian yoga teachers, with Thomas Ryan, author of *Prayer of Heart and Body: Meditation and Yoga as Christian Spiritual Practice*.

2005 Produced *Yoga Basics*, a 73-minute CD for beginning to continuing students.

Featured in Articles:

2005 “Yoga Teacher Takes Christian Approach” – The Atlanta Journal-Constitution

2004 “Faith and Fitness” – Marietta Daily Journal

2003 “Yoga with a Christian Bent” – The Atlanta Journal-Constitution

Education and Certifications:

E-RYT 500 (Experienced Registered Yoga Teacher 500-Hours)

RYT 500 (Registered Yoga Teacher 500-hours)

- **2009** Certificate by Etowah Valley Yoga for 160 hours of Advanced Yoga Teacher Training
- **2008** Certificate by Shambhava School of Yoga for 150 hours of Advanced Yoga Teacher Training

E-RYT 200 (Experienced Registered Yoga Teacher 200-Hours)

- **2002** Certificate by Atlanta Yoga Fellowship for 200-Hour Yoga Teacher Training

1984 Certificate by American Fitness Center Aerobic Certification

1981 B. S. Secondary Education, Minor in Psychology, Jacksonville State University, Jacksonville, AL

Continued Training with Traditional Yoga

- 2016** Viniyoga Foundations for Teaching and Yoga Therapy with Gary Kraftsow – 100 hours
- 2015** Mind/Body Solutions Workshop with Matthew Sanford – 8 hours
- 2014** Deiree Rumbaugh Workshop (8 hours) and Christina Sell workshop (5 hours)
- 2013** Anusara Yoga with Todd Norian (13 hours) and Gina Minyard (15 hours)
- 2012** Anusara Yoga with John Friend (8 hours) and Gina Minyard (25 hours)
- 2011** Anusara Yoga with Gina Minyard (75+ hours)
- 2010** Pelvic Stability in yoga with Lillah Schwartz – 10 hours
- 2007** Weekend Yoga Intensive with Tias Little – 18 hrs
- 2006** Iyengar Yoga with Othene Munson – 9 hrs
- 2005** Viniyoga in Assisi with Mirka Kraftsow – 40 hrs
- 2004** Anusara Yoga with Doug Keller – 11 hrs
- 2004** The Language of Touch: Hands-On Practicum for Teachers – 11 hrs
- 2002** Yoga for Vital Living with Shiva Rae – 12 hrs
- 2002** Yoga Journal Southeast Conference, Tias Little and Paul Grilley – 6 hrs

Continued Training with Yoga from a Christian Perspective

- 2013** Yoga Gathering from a Christian Perspective, Panama City Beach, FL – 4 days
- 2012** Oak Ridge VI Retreat. Garrison, NY. Thomas Ryan and others – 6 days
- 2010** Oak Ridge V Retreat. Garrison, NY. Thomas Ryan and others
- 2008** Oak Ridge IV Retreat. Oak Ridge, NJ. Thomas Ryan– 6 days
- 2005** Oak Ridge III Retreat. Oak Ridge, NJ. Thomas Ryan– 6 days
- 2004** Monastery of the Holy Spirit Yoga Retreat. Conyers, GA. Scott Hodgman – 3 days
- 2003** Oak Ridge II Retreat. Oak Ridge, NJ. Thomas Ryan– 6 days
- 2002** Prayer of Heart and Body Retreat. Niagara Falls, Ontario. Thomas Ryan– 6 days

Yoga Teaching Experience:

2002 to the Present Teaches weekly classes at the New Day Yoga Studio in Kennesaw, GA, and at Marietta First United Methodist Church in Marietta, GA

2003 to Present Established and continues to instruct students weekly at her New Day Yoga Studio and other locations in the NW Atlanta area, including classes in Yoga Basics, Yoga Level II, Gentle Yoga, and Restorative Yoga.

2006 to Present Established, wrote, edited and compiled the curriculum for the 200-Hour New Day Yoga Teacher Training Program (a Registered Yoga School with the National Yoga Alliance) and is the sole instructor for the program which runs for ten weekends from Feb./Mar. to November each year. For a list of Graduates visit www.newdayyoga.com.

2007 to Present Established, wrote, edited and compiled the curriculum for the 12-Hour Christian Yoga Teacher Certification Course and is the sole instructor for the weekend course which is offered January of each year. For a list of Graduates visit www.newdayyoga.com.

2011 to Present Established, wrote, edited and compiled the original curriculum for the 300-Hour New Day Yoga Teacher Training Program (a Registered Yoga School with the National Yoga Alliance) and is the lead instructor for the program which includes 6 Modules over a 2-year period. For a list of Graduates visit www.newdayyoga.com.

2005 to 2008 Co-led the Basics of Yoga for Christians Weekend Retreat(s) at the Monastery of the Holy Spirit in Conyers, GA.

2003 to Present Continues to develop curriculum for, and teach, workshops on the following topics (and others) in the Atlanta area and South East

- Blue Print Your Life, North Gate Church of Atlanta, Woodstock, GA
- Shoulders and Inversions Workshop, Kennesaw, GA
- Chair Yoga Workshop, Kennesaw, GA
- Basics of Yoga for Christians, Monastery of the Holy Spirit, Conyers, GA
- Pranayama Workshop, Revival Bodyworks, Marietta, GA
- Centering Prayer Workshop, Revival Bodyworks, Marietta, GA
- Restorative Yoga Workshop, New Day Yoga, Kennesaw, GA
- Yoga, Silent Prayer, and Solitude, Monastery of the Holy Spirit, Conyers, GA
- Spring Yoga Retreat at Pura Vida Health Resort, Dahlonega, GA
- Fall Yoga Retreat at Pura Vida Health Resort, Dahlonega, GA
- Living Your Yoga: Summer Retreat at the Ignatius House, Atlanta, GA
- Yoga and Centering Prayer Workshop, Good Shepherd Presbyterian Church, Lilburn, GA
- Yoga Workshop, Under Her Wings Conference, Candler School of Theology, Atlanta, GA
- Yoga & Centering Prayer Workshop, St. John Neumann Catholic School, Columbia, SC
- Christian Yoga Workshop, St. John Vianney Catholic Church, Lithia Springs, GA
- Reconnect and Recharge Retreat, Ignatius House, Atlanta, GA
- Fresh Start 1-Day Retreat, Mt. Zion United Methodist Church, Marietta, GA
- 1-Day Retreat, First United Methodist Church, Marietta, GA
- Relax and Renew Restorative Workshop, NDY Studio
- Pranayama: the Breath of Yoga Workshop, NDY Studio
- Chanting: the Concentration of Yoga workshop, NDY Studio
- Centering Prayer: the Meditation of Yoga Workshop, NDY Studio
- Back Care Basics Workshop, NDY Studio
- Yoga Mind/Yoga Brain workshop, NDY Studio