



**You Are Invited to Deepen Your Practice  
of Yoga from a Christian Perspective and Pass It On**

## **New Day Yoga 200-Hour Teacher Training & Certification Course**

**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. Yoga is an excellent tool to help accomplish just that. Through yoga one unites all the scattered parts of his/her being into one unified being who can then whole-heartedly follow the command Jesus gave us when He told us to “Love the Lord your God with all your heart, soul, mind, and strength” and to “Love your neighbor as yourself.”

Yoga teaches us that we have five components to our being: body, breath, intellect, personality, and heart. Yoga then provides a way to bring those different components into “union” (or into yoga). To balance the body, we use the asana (postures). To vitalize the breath, we use pranayama (breathing techniques). To cultivate the intellect, we use dharana (concentration). To refine the personality, we use dhyana (meditation or prayer). To nourish the heart, we use samadhi (contemplation).

Throughout the NDY Teacher Training Course, you will learn how all these aspects of Yoga can be used as a tool to deepen your awareness of the communion you already have with Christ through the Holy Spirit as a born-again Believer. Your mind will be renewed and your body strengthened as your own personal Yoga practice is refined. Then with the completion of the course, you will be well-prepared to share the gift of Yoga from a Christian Perspective with others.

### ***Key Elements of YTT***

**Techniques Training:** Over fifty asana will be studied, demonstrated and critiqued in detail. Our main text for studying the asanas will be Hatha Yoga Illustrated. Breathing techniques, actions, chants (songs), mantras (repeated phrases), meditation techniques, and Centering Prayer will be experienced and discussed as ways of growing in our awareness of the presence of the Holy Spirit. You will be trained in The Seven Moving Principles of Yoga which will enhance your personal yoga practice and deepen your understanding of teaching yoga to others who have very different bodies from yours. Sequencing yoga elements together in a class will be covered so that you can plan effective practices for different levels of students.

**Teaching Methodology:** You will be instructed in the demonstration principles of Extension, Inversion, Forward Bending, Backward Bending, Twisting, Balancing, and Lateral Bending. You will learn to read your own body and the bodies and movements of your students, recognizing the use of release valves and knowing how to adapt the asana to suit each unique situation. You will acquire skill in hands-on adjustments, the use of props, and verbal cues. The qualities of a good teacher and the student's process of learning will be discussed, demonstrated, and experienced. Differences between the various styles of yoga will be explained, and the business aspects of teaching yoga will be included.

**Physical Anatomy & Physiology:** We will consider human anatomy as it relates to the practice of yoga asana and pranayama. The Key Poses of Yoga, Vol. II, will be the main text studied. Students will use their own bodies as visual and kinesthetic learning aides. Ways to avoid injury and contraindications of certain asana will be covered, and students will gain knowledge of why certain alignment guidelines are important.

**Energy Anatomy & Physiology:** The seven chakras (theoretical centers of energy located along the length of the spine) and the psychology connected with the chakras will be explored. You will understand the theory of the role of each chakra, its effect on life, and its relation to other chakras, and the use of the chakras as points from which to establish your life more firmly in Christ and His teaching.

**Yoga Philosophy:** The most traditional Yoga philosophy, called the "Yoga Sutras," was first recorded two thousand years ago by Patanjali. In order to provide a clear understanding of Yoga, he divided the yoga lifestyle into six different "paths" and the practice of Yoga into eight "limbs." We will study these "paths" and "limbs" in detail and see how they align with the Word of God and how they can be used by a Christian to deepen his/her communion with the Holy Spirit. As we discuss yoga philosophy from a Christian perspective, we will incorporate our faith and the study of Christ's teachings from our Holy Scripture, the Bible.

**Practicum:** You will be given the golden experience of practice teaching so that when the training comes to an end, you will feel comfortable and well-prepared to teach others. These five practice teaching sessions will include receiving feedback from those you instruct, observing others teach and offering feedback, and assisting students while someone else is teaching.

### ***Certification Requirements***

Becoming a Yoga Teacher from a Christian Perspective is a commitment you make to yourself, to your family, and to God. It is a commitment that touches every aspect of your life – your mind, body, nervous system, habits, thoughts, emotions, prayer life, and more. It is a commitment to a discipline that brings about an ever-deepening communion with God.

This program is structured to be accessible to people who are unable to take an extended leave of absence from their work. It includes ten weekends (Saturday and Sunday), one Friday evening, and 40-70 hours of supervised individual practice teaching and homework. *You will be required to maintain a daily personal practice and attend one regular class each week or its equivalent.*

Throughout the training, you will receive personal guidance and support and have regular personal dialogue with course leaders, as well as peer support.

This 200-hour certification program qualifies students to become a Registered Yoga Teacher (RYT) with the national Yoga Alliance. Our program is one of the first YTT's from a Christian Perspective in the U.S. to meet the necessary standards of approval established by the national Yoga Alliance.

**Location:** Training will be held at the New Day Yoga Studio, 2716 Bent Creek Drive, in Kennesaw, Georgia (30152), a beautiful, peaceful, and supportive location. The cedar and glass yoga studio overlooks a wooded area with a small waterfall, fish pond, and fire pit. On one of the scheduled days, we may meet at Kennesaw Mountain, just ten minutes from the yoga studio. On that day, we will adjust class hours to accommodate the drive.

**Lodging:** For those coming from out of town, lodging is available nearby. Kennesaw, Georgia, is a small town with lots of accommodation options. I suggest you do a Google search on "Hotels in Kennesaw, GA" and choose one that fits your style and budget. None of the hotels will be more than 5 or 10 minutes away from the New Day Yoga Studio. Listed below are two options that previous yoga students have recommended to me.

- First Choice:** **Embassy Suites Atlanta-Kennesaw Town Center** is less than six miles away from the New Day Yoga Studio. Located between interstates 75 (Exit 271) and 575 (Exit 3) at Chastain Road. Includes a complimentary full cooked-to-order breakfast, heated pool, and exercise room. Each suite has a small refrigerator, microwave, and high speed internet. Tell Embassy Suites that you are a New Day Yoga student and you will receive their best rate.  
**Embassy Suites Atlanta-Kennesaw Town Center, 620 Chastain Road , Kennesaw, GA 30144**  
**770-420-2505**
- Second Choice:** **Hampton Inn at Town Center** is less than five miles away from the New Day Yoga Studio. Includes hot and cold breakfast and exercise room. Kingsize rooms have a microwave and refrigerator.  
**Hampton Inn at Town Center, 871 Cobb Place Blvd., Kennesaw, GA 30144**  
**770-426-0017**

**Program Format and Schedule:** Training activities will be in one group, with a partner, or in practicum dyads and triads. Training days consist of ten weekends (Saturday and Sunday), plus one Friday evening the first weekend. Meeting days for each month of the 200 hour training are shown on the website. Dinner will be included on the first Friday meeting. Ample breaks for lunch will be provided on Saturday and Sunday meeting dates. You are responsible to bring your own lunch on those days.

#### **Hours of Weekend Training:**

Friday: 3:00pm – 6:30pm (1<sup>st</sup> weekend only)  
 Saturday: 8:00am – 6:30pm  
 Sunday: 8:00am – 6:30pm

**Prerequisite:** You do not need to be an advanced yoga student to take the training, but you *must have practiced yoga consistently with a qualified teacher for at least one year*. We are especially interested in your motivation, commitment, and vision.

**Registration (Please read carefully.):** To assure you and New Day Yoga, Inc., that the Training is right for you, there is a **Four-Step Process to register for the course**. You have already completed Step One by receiving this information packet.

- Step Two is to respond in writing to the application questions contained in this packet, and to mail your application with the signed forms and \$75 application fee to New Day Yoga, 2716 Bent Creek Drive, Kennesaw, GA 30152.
- Step Three consists of attending a complimentary New Day Yoga class taught by Dayna and a brief, personal interview at the New Day Yoga Studio. The interview will be scheduled once your application answers, application fee, and signed forms have been received.
- The final step, Step Four, is to make a \$500 non-refundable deposit to reserve your space in the training. This deposit should be made the day of the interview, if possible, if it is decided that New Day Yoga Teacher Training is a good fit for you. This \$500 will go toward the overall cost of the training.

### ***Your Investment in Transformation***

The total cost of the 200 hour course, including tuition and the New Day Yoga Teacher Training Manual, is \$2800. As mentioned above, a deposit of \$500, payable to **New Day Yoga**, will reserve your space in the training. Cash and personal checks are accepted for payment. A Payment Plan is also available and is explained in this packet.

### ***Training Features***

- A loving, yet challenging, Spirit-filled environment
- Highly committed and passionate leaders
- New perspectives on Yoga from a Christian orientation
- Traditional views of yoga
- Opportunities to Practice Teach – 5 practicums per student
- Opportunities to Build your own Resource for Yoga Asana
- A chance to take your personal yoga practice to a new level
- A notebook of over 350 pages, including philosophy, as well as anatomy, and reproducible handouts for sequencing, and Scripture meditations
- 180 Contact Hours of high-energy learning, fellowship, and fun. The YTT course will only accept up to ten students at a time, providing a very individualized learning experience.
- New Friends who will encourage you as you grow in the understanding of teaching yoga from a Christian perspective

## **Course Leader**

**Dayna Gelinis**, E-RYT 500 (Experienced Registered Yoga Teacher at the 500-hour level), is the Director of the school and the Lead Teacher. Dayna 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, conducts seminars and workshops, and leads annual retreats, as well as a 500-hour Yoga Teacher Training Course.

Dayna completed her 200-Hour Yoga Teacher Training at Peachtree Yoga Center in January of 2002. In March of 2003 she founded New Day Yoga: Yoga from a Christian Perspective. In 2006 the first group of students graduated from New Day Yoga's 200-Hour Yoga Teacher Training School, and the 200-Hour course has been offered each year since.

Because she feels that the best teachers are also students, Dayna continues to work on her own yoga practice with qualified teachers. She completed the requirements for her 500-Hour Certification in December of 2009 and currently attends weekly classes and advanced workshops whenever her schedule allows. Her background covers Vinyasa, Viniyoga, Iyengar, and Anusara styles of yoga.

Dayna has taught thousands of classes and holds the status of an E-RYT 500 with Yoga Alliance. She does all she does so that she can teach others with excellence. Her dream is to see Christians take hold of all that God has provided for them through Christ—including health of body, soul, and spirit—and to train and teach other yoga teachers to do the same for their students.

**Other Lead Teachers** who have been trained under New Day Yoga round out the course faculty, giving the student exposure to several different styles, voices, and approaches to teaching yoga from a Christian perspective.

## **Share the Gift!**

One could not begin to describe the gift of the practice of Yoga. It is only through experience that one begins to unwrap the gift and discover firsthand what a blessing it is.

The New Day Yoga 200-Hour Yoga Teacher Training Course will provide the foundation for a lifetime of teaching and learning. *Share the Gift!*

## New Day Yoga 200-Hour Yoga Teacher Training Application

Thank you for applying for New Day Yoga's Teacher Training at the 200 Hour Level. Your choice in choosing this program above all others honors me. Please PRINT AND FILL OUT the following information honestly and thoughtfully, as it is my hope that I may get to know your heart through the answers you offer.

Then **please send in 1) this Cover Sheet, 2) the Answers to the Application Questions, 3) the signed Requirements sheet, 4) the signed Contract, 5) the signed Participation Agreement, and 6) a non-refundable \$75 application fee** to: **New Day Yoga, 2716 Bent Creek Drive, Kennesaw, GA 30152.** *Thank you.*

YEAR OF 200 HOUR TRAINING you are applying for: \_\_\_\_\_

Name: \_\_\_\_\_ Date \_\_\_\_\_

Street Address : \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ (Other) \_\_\_\_\_

Email: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Emergency Contact (Name/Phone/Relationship): \_\_\_\_\_

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### APPLICATION QUESTIONS

1. Who are you?

2. What is your current profession?

3. As a yoga teacher, what is the essence of what you want to teach?

4. Why is this the right time for you to take YTT?





# Nine Requirements of New Day Yoga's 200-Hour Yoga Teacher Training

**1. 100% Attendance:** See website for dates of training you are applying for. Write those dates below. If you already have a scheduling conflict, tell me about it below the dates. Minor conflicts can be resolved when we address them ahead of time.

Weekend 1: \_\_\_\_\_

Weekend 6: \_\_\_\_\_

Weekend 2: \_\_\_\_\_

Weekend 7: \_\_\_\_\_

Weekend 3: \_\_\_\_\_

Weekend 8: \_\_\_\_\_

Weekend 4: \_\_\_\_\_

Weekend 9: \_\_\_\_\_

Weekend 5: \_\_\_\_\_

Weekend 10: \_\_\_\_\_

## Conflicts:

## 2. Outside Reading

- Hatha Yoga Illustrated – Martin Kirk, Brooke Boon, Daniel DiTuro
- The Key Poses of Yoga: Vol. II – Ray Long MD FRCS
- Choose 1: Prayer of Heart & Body by Thomas Ryan; or Holy Yoga by Brooke Boon; or Yoga for Christians by Susan Bordenkircher

**3. Home Study and Class Assignments:** Consisting of research, study of yoga postures, breathing techniques, yoga styles, and sequencing.

**4. Daily Personal Yoga Practice:** Consisting of asana, pranayama, meditation and/or chanting.

**5. Two Presentations:** One on a yama or niyama, and one on a hatha yoga style.

**6. Practice Teaching:** Consisting of three 20-Minute Teaching Drills, one 75-Minute Teaching Practicum, and three Teaching/Assisting Experiences.

**7. Evaluation of Yoga Studios/Classes/Styles:** Consisting of one visit to six different yoga studios or classes.

**8. Final Evaluation:** Consisting of a 30-Minute Teaching and a Written Assessment

## 9. 100% Financial Obligation

*I understand and agree to fulfill the above New Day Yoga Teacher Training Requirements.*

**Signature of Applicant:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Printed Name:** \_\_\_\_\_

\*New Day Yoga strongly recommends CPR (cardiopulmonary resuscitation) and first aid training for all yoga teachers; however, CPR and first aid training hours cannot be counted toward satisfying the minimum YTT curriculum hour requirements.

## Contract for New Day Yoga 200-Hour Teacher Training

### Yoga Alliance Qualification

I understand that if I fulfill *all* the requirements of the New Day Yoga Teacher Training, I will receive Level 1 Certification which complies with the national Yoga Alliance standards for 200-Hour registration.

### Belated Contact/Non-contact Hours

I further understand that if I fail to meet all the requirements *for any reason*, I may or may not have the option to retake parts of the program. *If I do have the option to retake parts of the program, there is an additional cost involved.*

### Untimely Dismissal

I understand that New Day Yoga, Inc. reserves the right to ask me to leave the program if my behavior is inappropriate, unethical or violates the Yoga Alliance or New Day Yoga ethical guidelines. In these unusual circumstances I understand I will not be refunded the portion of fees unused.

I also understand that if I should choose to leave the program for any reason, I will still be required to pay the full amount and fulfill my financial obligation to New Day Yoga, Inc. If any outstanding balance remains, full payment is due immediately.

In the highly unusual event where a refund is issued, New Day Yoga, Inc. will retain the minimum non-refundable fee of \$500 for administrative costs.

**Signature of Applicant:** \_\_\_\_\_

**Printed Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## New Day Yoga, Inc. Participation Agreement

I, (name:) \_\_\_\_\_, am familiar with the yoga instruction, programs and activities of New Day Yoga, Inc., and the facilities and equipment provided by New Day Yoga, Inc. I am physically able to participate in those programs and activities, and use the facilities and equipment provided by New Day Yoga, Inc. I have noted below any medical history, conditions, diseases, or other limitations which might affect or restrict my participation in yoga instruction. I also authorize New Day Yoga, Inc. to render first aid to me in any medical emergency which may arise during any yoga instruction, program or activities.

In consideration of the instruction, programs, activities, facilities, and equipment to be provided to me, I agree that all yoga instruction, programs, and activities will be undertaken at my own risk, and I release New Day Yoga, Inc. from liability for any injuries, claims or damages.

**SIGNED (Participant):** \_\_\_\_\_ **Date** \_\_\_\_\_

**PRINTED NAME:** \_\_\_\_\_

MEDICAL HISTORY, CONDITIONS, DISEASES OR LIMITATIONS WHICH MIGHT AFFECT OR RESTRICT MY PARTICIPATION IN YOGA INSTRUCTION, PROGRAMS OR ACTIVITIES:

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## New Day Yoga 200-Hour Teacher Training Payment Plan

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_

Phone(s): \_\_\_\_\_

Payment Type	Payment Amount	4- Payment Plan	Payment Due Date	Amount Paid	Date Payment Received	Check Number/ Cash
Application Fee	\$75		On receipt of application			
Deposit to hold space in YTT	\$500		At personal interview			
Balance of Total Payment after deposit	\$2300					
1 <sup>st</sup> Payment		\$575	Weekend 1			
2 <sup>nd</sup> Payment		\$575	Weekend 2			
3 <sup>rd</sup> Payment		\$575	Weekend 3			
4 <sup>th</sup> Payment		\$575	Weekend 4			
<b>Totals</b>	\$2875	\$2300				

I agree to the above payment plan. I recognize that my agreeing to this plan is my commitment to pay the full amount even if I should fail to complete the program.

Signature of Applicant: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_