



You Are Invited to Continue Your Study and Practice of Yoga—from a Christian Perspective

New Day Yoga 300-Hour Advanced Teacher Training & Certification Course

A 300-hour advanced training is designed to build upon and deepen the trainee's understanding of the fundamental concepts of teaching yoga that are generally taught at the 200-hour level. A 300-hour advanced training prepares its trainees to teach principles and techniques of yoga that are more advanced, more detailed, and/or more subtle, and the training enables them to teach with greater skill than could reasonably be expected of an RYT 200. – ***Yoga Alliance***

New Day Yoga's Advanced Teacher Training is open to 1) those who have already completed a 200-hour Yoga Teacher Training with a Registered Yoga School with Yoga Alliance and 2) those who have discovered that yoga practices actually *do* encourage spiritual growth and that teachers of yoga *do* have a spiritual responsibility to teach Truth—Truth about the body, truth about the breath, truth about the mind, truth about the soul, and truth about God.

At New Day Yoga we emphasize and apply 1) Universal Alignment Principles, 2) Physical and Energetic Anatomical Knowledge of Body and Mind, 3) Safety in Instruction, both for the teacher and for the individual student, 4) Developing Your Voice as a Teacher, and 5) Enriching Your Relationships with God, Self and Others. We believe that as we grow in awareness of our body/mind connection through the practice of yoga, and as we become more aware of our habits and inclinations both in body and personality, we improve our ability to connect with self, God and others more authentically. These authentic connections make us more whole and complete, allowing us to experience union, to experience *yoga*.

Simply put, the mission statement 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*. If this "fuller life in Christ" is a goal of yours, and you believe that teaching yoga from a Christian perspective has a part to play in achieving that goal, then, please, read on!

Six Key Elements of Advanced Yoga Teacher Training with New Day Yoga

I. *Techniques Training:* Topics in this category include asana, pranayama, chanting, mantra, mudra, meditation and other traditional yoga techniques. These training hours are a mix between: 1) analytical training in how to teach and practice the techniques and 2) guided practice of the techniques themselves. Both areas receive substantial emphasis.

Over the course of the six Modules, the main texts for studying the asana and our physical anatomy will be Ray Long's *Yoga Mat Companion Series 1-4*, *The Key Muscles of Yoga: Vol. 1*, and *The Key Poses of Yoga: Vol. 2*, and Judith Lasater's *Relax and Renew*. Together these seven texts cover in ample, technical detail vinyasa flow, standing poses, hip openers, forward bends, backbends, twists, arm balances, inversions, restorative poses, alignment principles and anatomy, key concepts of muscular engagement and bone placement, the inner workings of the psoas muscle, and how to use your asana practice to restore the body and relax the mind.

In each module we will develop a deeper understanding to both the form and the function of specific postures. The foundations of postures will be revisited, adding greater understanding of the anatomical principles at work in a yoga asana. You will achieve comprehension of key concepts of anatomical study through reading, written assignments, practice, observation, and teaching practicums. You will see and experience how certain postures share a common foundation, and learn how to build upon that foundation in order to develop lesson plans and sequences for your yoga classes. Likewise, other more complex postures and movements which do not have official names will be studied as we explore the subtleties of our physical being and seek to learn how to communicate those subtleties with students.

Tried and true expert yoga teachers will be referenced as well as those new leading teachers on the cutting edge of modern yoga practice.

Each Module will present specific pranayama, mudras, chanting and meditation techniques related to the chakra studied in that Module. These traditional yoga techniques will be adapted to promote the deepening of Christian faith and experience.

The mental and emotional component of our being will be explained in detail using the new science of neuroplasticity, the study of the anatomy of the brain, and specific experiential exercises pertinent to each chakra. When applied, these studies can easily flow into your daily lifestyle and teaching, helping to bring about the transformation that comes from having a mind renewed in Christ.

II. *Teaching Methodology:* Topics in this category include, but are not be limited to:

- Communication skills such as group dynamics, time management, and the establishment of priorities and boundaries
- How to address the specific needs of individuals and special populations, to the degree possible in a group setting
- Principles of demonstration, observation, assisting and correcting
- Teaching styles
- Qualities of a teacher
- The student learning process
- Business aspects of teaching yoga

Trainees will learn to read in more detail and subtlety their own body and the bodies and movements of students, recognizing the presence of patterns and learning how to encourage change in those patterns, as well as how to adopt modifications of specific poses for individual students.

Trainees will acquire more skill in hands-on adjustments, the use of props (when to use, when not to use), verbal cues and learning modalities—identifying your dominant style, and learning how to teach based on others’ learning styles. Discussions will also center on how to develop, and stay true to, your own voice trusting that God will bring the students *you* are supposed to teach because you *are* being true to the voice *He* gave *you*.

In each Module the powerful use of language and voice will be considered as we look at the brain and mind/body connection and how it relates to our active and passive voices, our positive and negative conscious communication, and our habitual speech and communication patterns. We will continually establish new patterns that lead to a more abundant faith and life in Christ.

III. Anatomy & Physiology: Topics in this category include human physical anatomy and physiology (bodily systems, organs, etc.) and also energy anatomy and physiology (chakras, etc.), as well as basic Ayurveda principles. Each Module emphasizes one or two chakras

As previously noted, The Key Muscles of Yoga, Vol. I, by Ray Long, will be a text utilized in all six Modules to study and apply anatomy to yoga practice and teaching. Within these texts, benefits, contraindications, and healthy movement patterns will be noted, practiced and applied. Trainees 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.

IV. Energy Anatomy & Physiology: The seven chakras (theoretical centers of energy located along the length of the spine) and the mental/emotional/psychological components connected to the chakras will be explored. You will understand the role of each chakra, its effect on life and your body/mind, 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.

V. 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.

Not so surprisingly, the Holy Bible will be our number one text on life, purpose, commitment and devotion.

To provide for a well-rounded and informed yoga teacher, The Heart of Yoga by T.K.V. Desikachar, which includes the Yoga Sutra, will accompany our discussion on the working of the heart, mind and breath. Comparisons and contrasts on specific topics included within the two ancient and respected texts, the Holy Bible and Yoga Sutra, will be discovered and evaluated. For example:

- Yoga lifestyle, such as the precept of non-violence (ahimsa), and the concepts of dharma and karma
- Ethics for yoga teachers, such as those involving teacher – student relationships and community
- Understanding the value of teaching yoga as a service and being of service to others through yoga (seva)

VI. Practicum: Each Module you will be given the golden experience of practice teaching asana, anatomy, spiritual truth, pranayama, mudra, and meditation so that when the training comes to an end, you will feel comfortable and well-prepared to teach others. These six practice-teaching sessions will include receiving feedback from those you instruct, observing others teach and offering feedback, and, possibly, 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, to your students, 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 six 6-day-weeks spread out over two-four years and a total of 10.5 hours of teaching yoga. In addition, there are numerous study questions over the multiple reading assignments that must be completed prior to attending each Module. At the completion of the six Modules, an 8-week syllabus is required as the final assessment of the course. The syllabus must contain postures, mudras, pranayama, anatomical concepts and themes introduced in the training. Samples of the final syllabus project are presented and reviewed each module as a guide.

Throughout the training, you will receive as much personal guidance and support as you seek out, including regular personal dialogue with course leaders and peer support from others attending the training.

Successful completion of the 300-hour Advanced Yoga Teacher Training qualifies students to become a Registered Yoga Teacher at the 500 level (RYT-500) with Yoga Alliance. New Day Yoga's 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 Yoga Alliance, and as far as we know, it is the first program at the 500-Hour level to be from a Christian Perspective. It is a highly structured, deeply passionate, intellectually and spiritually sound program that is continually being revised and updated with the utmost attention to detail, accuracy and truth. *So, please, join us in shining the True Light of Christ from your yoga mat and into your yoga students and classes!*

Location/ Lodging: Benedictine Sisters Retreat Center, 916 Convent Road, NE, Cullman, AL 35055. The Retreat Center is two hours north of Birmingham and three hours west of Atlanta. Our group lodges in a separate retreat accommodation. Each participant has a private bedroom and bath. Each cozy room has a closet, a dresser, a desk chair, desk, lamp, and a rocker or recliner. The retreat lodging includes a limited kitchen with a refrigerator and coffee pot (but no oven or stove), a spacious common room, and a front porch with rockers with a beautiful, tranquil woodland view.

Program Format and Schedule: To receive the 300-Hour Advanced Yoga Teacher Training Certification, it is best to complete the six Modules within a two-four year period. (Extenuating circumstances can always be arranged for if you should need more time.) The Modules may be taken in any order as each one is a separate study of a specific chakra, its corresponding anatomy, asana, energy, psychology, physiology, philosophy and spirituality.

MODULE TOPICS

Module 1: Chakra 1; Anatomy of the Feet, Ankles, Knees, Legs and Pelvis; Standing Poses and Vinyasa Flow

Module 2: Chakra 2; Anatomy of the Pelvic Girdle; Hip Openers and Forward Bends

Module 3: Chakra 3; Anatomy of the Trunk; the Psoas; Core Awareness and Activation

Module 4: Chakra 4; Anatomy of the Arms, Elbows, Wrists, Hands and Shoulders; Backbends and Twists

Module 5: Chakra 5; Anatomy of the Shoulder Girdle, Neck and Head; Arm Balances and Inversions

Module 6: Chakras 6 & 7; Anatomy of the Mind; Restorative Asana

REQUIRED TEXTS**For All Modules:**

- *Holy Bible* (any translation)
- *The Key Muscles of Yoga: Vol. 1* by Ray Long
- *The Heart of Yoga* by T.K.V. Desikachar
- *New Day Yoga Manual* for each Module

For Module 1: *Anatomy for Vinyasa Flow and Standing Poses* by Ray Long

For Module 2: *Anatomy for Hip Openers and Forward Bends* by Ray Long

For Module 3: *Anatomy for Vinyasa Flow and Standing Poses* by Ray Long

For Module 4: *Anatomy for Backbends and Twists* by Ray Long

For Module 5: *Anatomy for Arm Balances and Inversions* by Ray Long

For Module 6: *Relax and Renew* by Judith Lasater

DAILY SCHEDULE

6:15AM	Teaching Practicum
7:45AM	Breakfast
9:00AM	Mind/Body Workshop
10:30AM	Asana/Anatomy Workshop
12:30PM	Lunch
2:00PM	Chakra/Sutra Workshop
4:00PM	Teaching Practicum
6:00PM	Dinner
8:00PM	Devotion & Meditation
9:00PM	Quiet Reflection and Study

2017 – 2018 TRAINING DATES

Module 4: May 8 – 13, 2017

Module 5: Aug. 21 – 26, 2017

Module 6: Nov. 27 – Dec. 2, 2017

Module 1: Mar. 19 – 24, 2018

Module 2: July 30 – Aug. 4, 2018

Module 3: Nov. 26 – Dec. 1, 2017

Prerequisites:

For those who have completed a 200-hour YTT and wish to earn credit toward their 300-Hour Advanced YTT:

1. You must have completed your 200-Hour Certification (or its equivalent) at a Registered Yoga School with Yoga Alliance.
2. You must have a current, established yoga practice.
3. You must complete a registration and/or application. A registration is required before each Module and should be turned in with your deposit or full payment. An application is only required before the first Module you attend and should include the application fee.
4. You will be required to complete a practice teaching assignment during each Module.
5. You will be required to complete written and reading assignments before attending each Module and other assignments during the week of the Module.
6. You will be required to attend all scheduled sessions for the week of the Module.
7. You will be required to complete an 8-Week Syllabus before the end of your last attended Module.

For serious yoga students who desire to deepen their personal study of yoga and wish to attend for personal growth:

1. You must have practiced yoga consistently with a teacher for at least two years at the experienced 1-2 Level. This experience is not for beginners, nor for those who do not feel confident in a personal practice.
2. You must be familiar with all basic yoga poses by name (English and/or Sanskrit) and through experience, including backbends and inversions such as handstand, shoulderstand, and headstand. You do not have to be a master at these postures, but you should be working toward them in your practice unless there are physical reasons why you would not be.
3. You must complete a registration and/or application.
4. Attendance at the scheduled sessions for the week is highly encouraged but is optional.

Registration (Please read carefully.): To assure you and New Day Yoga, Inc., that the Advanced Yoga Teacher Training from a Christian Perspective 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 New Day Yoga class taught by Dayna (if at all possible) and a brief, personal interview either by phone or in person 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 \$350 non-refundable deposit to reserve your space in the first Module of your training. This deposit should be made the day of the interview, if possible, if it is decided that New Day Yoga Advanced Teacher Training is a good fit for you.

- *Graduates of the New Day Yoga 200-Hour YTT are exempt from Step Three and from the \$75 Application Fee, but are required to mail in the answers to the Application Questions and to submit the non-refundable \$350 deposit six weeks prior to the first Module they attend to reserve a space in the training.

Your Investment in Personal Transformation and in Advancing Yoga Teaching from a Christian Perspective:

The cost of **each** Module is \$1275. (If you have a roommate, the cost is \$50 less. *You must provide your own roommate.*) The fee for each Module includes 50 hours of instruction, a manual for the Module, lodging for five nights at the Benedictine Sisters Retreat Center and all meals for 6 days. A **non-refundable** \$350 deposit is required at registration for **each** Module.

Our group will not only have the complete privacy of our own retreat accommodations, but we will also have use of the retreat chapel, a separate meeting room for our yoga practices and workshops, the outdoor labyrinth, and a private dining area.

Because space is limited to 12 participants, please, do not hesitate to reserve your spot in the training.

A non-refundable deposit of \$350, payable to **New Day Yoga**, will hold your space for each individual Module. **Cash and personal checks** are accepted for payment. The remainder of the Module fee (\$925) is due six weeks before the Module begins.

Possible VIP Registration Fee: Once you have completed one of the Modules, you have the opportunity to attend the next consecutive Module at the VIP rate of \$1175, a savings of \$100. If you continue to attend each Module consecutively, you will save a total of \$500 for the complete 300-Hour Advanced Yoga Teacher Training Course with New Day Yoga. This option is offered at the discretion of the New Day Yoga Director, and may not be available in certain circumstances. To reserve your spot for the next consecutive Module at the VIP rate, a registration with the non-refundable \$350 deposit must be submitted a minimum of six weeks prior to the Module.

Disclaimer: Because New Day Yoga Advanced Teacher Training is held at a third-party facility, increases in lodging and meals may occur. We hope you will understand if the fee is increased to accommodate the rise in rates.

For Directions to Benedictine Sisters Retreat Center
916 Convent Road NE, Cullman, AL 35055

Please call 256.734.8302 or go to www.shmon.org
 or email retreats@shmon.org

New Day Yoga's 300-Hour Advanced Yoga Teacher Training Application

Thank you for applying for New Day Yoga's Teacher Training at the 300 Hour Level. Your choice in choosing this program above all others honors me. Please fill out the following questions on a separate sheet of paper 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 with the answers to the Application Questions attached, 2) the signed Requirements, 3) the signed Contract, 4) the signed Participation Agreement, and 5) a non-refundable \$75 application fee** to: **New Day Yoga, 2716 Bent Creek Drive, Kennesaw, GA 30152.**

Name: _____ Date: _____

Street Address: _____

City/State/Zip: _____

Primary Phone : _____

Email: _____

Birthdate: _____ Age: _____ Sex: _____

Emergency Contact (Name/Phone/Relationship): _____

1. What brought you to this point in your study of yoga?
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 an Advanced Yoga Teacher Training (AYTT)?
5. What made you choose this AYTT?
6. Are you willing to wholeheartedly commit to the AYTT schedule and its homework and outside reading/study requirements?
7. Describe your personal yoga practice. What does it consist of? How often and where do you practice?
8. What is your previous experience with different yoga styles?
9. Where did you receive your 200YTT certification? How was that experience for you?
10. Have you participated in any other teaching programs, special workshops, or practice intensives? List your previous education and relevant training experiences (both yoga related and other fields). Please be specific – this helps us plan the training.
11. Are you currently teaching yoga? If so, where and how often?
12. What are your biggest challenges in life? And in teaching if applicable?
13. Describe your current state of health. Do you have any injuries or limitations that would affect your participation to any significant degree?
14. Do you currently see a therapist? List any medications that you've taken over the past year and why you needed to take them.
15. Are you a Christian? If so, how long have you been a Christian?
16. Do you attend church regularly? If so, which one?
17. Are you a smoker? If so, are you willing to refrain from smoking during the Modules?

Eight Requirements of New Day Yoga's 300-Hour Advanced Yoga Teacher Training

- 1. 100% Attendance for Modules 1-6 within a 4-year Period**
- 2. Completion of Written Assignments for Each Module Prior to Attending Each Module:** Consisting of Study Guides and Questions for the Yoga Mat Companion Series, The Key Muscles of Yoga, Relax and Renew, The Heart of Yoga, and the Yoga Sutras.
- 3. Full Participation at Each Module:** Consisting of 100% attendance at all scheduled events, classes, and sessions for each Module and completion of all written assignments given at each Module.
- 4. Home Study:** Consisting of review of all New Day Yoga Module Manuals, reading assignments, written assignments, the study of yoga postures, breathing techniques, mudras, and sequencing.
- 5. Daily Personal Yoga Practice throughout the duration of the 300-Hour Course:** Consisting of asana, pranayama, mudras, chanting, and/or meditation.
- 6. Practice Teaching:** Consisting of six Teaching Practicums, one per Module. It is also highly recommended that you be actively teaching classes on a regular basis at your own home and/or studio.
- 7. Culminating Project:** Consisting of an 8- week lesson plan of yoga classes to be taught in a series with a particular theme following the specific guidelines given.
- 8. 100% Financial Obligation:** Each Module is to be Paid in Full before arriving at the training facility.

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

Signature of Applicant: _____ **Date:** _____

Printed Signature: _____

*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 300-Hour Advanced Teacher Training

Yoga Alliance Qualification

I understand that if I fulfill *all* the requirements of the New Day Yoga 300 Hour Advanced Teacher Training, I will be eligible to register with Yoga Alliance at the 500 RYT level.

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 \$350 for administrative costs.

Signature of Applicant: _____

Printed Signature: _____ **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. at the Benedictine Sisters Retreat Center in Cullman, AL. 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: _____