



Session 336: CenteredBeing Yoga
DCAC Fitness Conference 2014

Presenters:

Suzie Carmack, PhD, MFA, ERYT, PMA-CPT, Creator of CenteredBeing
Bill McDow, RYT 500; Phyllis Cook, RYT; Michelle Starkey, BA

Thanks for getting centered with us today!

1. Introductions

Welcome to CenteredBeing and DCAC – a great combination
Why CenteredBeing Yoga?

2. CenteredBeing in a Minute – How it can support you as trainer and teacher

Movement made fun: the ABCZ method for movement class / session design

Mindfulness: the 8 principles of CenteredBeing

Meaning: How to get everyone to “find their own yoga”

Dancers and non-dancers

The fitness buff and the un-fit

Yogis and non-yogis

In one simple and easy-to-follow platform

3. Let's Go: A “Zesty and Resty” (mixed-level) CenteredBeing Practice

4. Practice with Us: CenteredBeing Teacher Training:

Integration: Well-Being Coach, Pilates and Yoga Teacher in one program!

Continuing Education for yoga teachers, Pilates teachers, and trainers

Online well-being coach training programs for you and your team

200 & 500 hour (live workshop) programs = Yoga Alliance approved

Pilates teacher training (450 hour program in mat and apparatus)

....Coming in 2015: Yoga Therapy with CenteredBeing (1000 hours)

Learn more about our research-based programs:

www.centeredbeingstudio.com and centeredlornton@gmail.com