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**PRESS RELEASE**

**FOR IMMEDIATE RELEASE**

**Greenville Fitness and NETA to Offer Yoga Certificate Workshop**

Greenville, Pa. (February 20, 2009) – Greenville Fitness and National Exercise Trainers Association (NETA ), a non-profit fitness professional association, are co-sponsoring the following nationally-recognized workshop:

**YOGA CERTIFICATE WORKSHOP**

Saturday, March 21      8:00 a.m. – 5:00 p.m.  
Sunday, March 22      8:00 a.m. – 3:00 p.m.

**Location:**      Greenville Fitness  
12 N. Diamond Street  
Greenville, PA 16125

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**Register:**      Call 800-237-6242 or register online at [www.netafit.org](http://www.netafit.org)

Learn how to teach Yoga. This two-day workshop covers 27 poses; standing, seated and balance theory; breathing anatomy; therapeutic and resting poses; safety cues; modifications with props; formatting a class; alignment strategies and meditation.

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