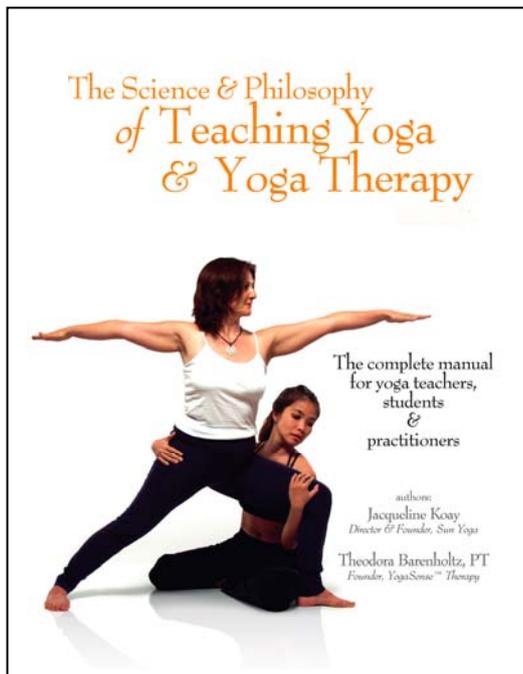




Sun Yoga



## The Science & Philosophy of Teaching Yoga & Yoga Therapy

**Authors:** Jacqueline Koay and Theodora Barenholtz

**ISBN-13:** 9780955642340  
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**Category:** Yoga/Mind, Body, Spirit  
**Author Home:** Bronxville, NY

### MARKETING INFORMATION

- A USA Yoga Alliance School providing yoga teacher training programs in three continents.
- Authors are regular trainers at National Head Start Conferences.
- Prolific contributors for yoga magazines (the author's current book, *Live Patanjali! Yoga Wisdom for Everyday Living* enjoys a six-month serialization in Yoga Magazine UK).
- YouTube segments of "the book in action" will be made available.
- Review mailings to yoga, health, wellness and spiritual magazines.
- Extensive lecture tours, workshops and teacher training programs by authors.
- 4,000 opt-ins for monthly newsletters.
- Marketing through networking sites.

Connecting the mind, body and spirit, this book brings together an ancient science for healthy living with daily modern living. Written by experienced yoga teachers who are also medical professionals, it is believed to be the first fully comprehensive yoga teacher training textbook following the USA Yoga Alliance Syllabus.

Suitable as part of a western medical training curriculum and as a guide for yoga teachers and therapists to deepen their yoga practice, this book is written in a simple format, making it suitable both for the professionals and the layperson searching to improve their overall health and well being.

Sample chapter available for download at [www.sunyoga.com](http://www.sunyoga.com)

### About the Authors:

**Winners of the Moms Choice® Awards 2009 Gold Award for "Fun with Sun Yoga; Children's Yoga Cards and Guidebook".**

**Jacqueline Koay** is the Founder and Director of Sun Yoga, a global not-for-profit organization with over 450 teachers worldwide, propagating the Sun Yoga philosophy of healing through yoga. Educated at the University of Manchester and Oxford University, England, Jacqueline is a highly regarded yogi, scientist and author. She's the mother of five, and divides her time between Bronxville NY, England and the Far East. [www.jacquelinekoay.com](http://www.jacquelinekoay.com)

Physical Therapist, Yoga Therapist and RDI® Certified Program Consultant for Autism, **Theodora Barenholtz** is Founder of YogaSense™ Therapy, providing therapy with a yoga touch for children and adults. Theodora gives workshops internationally on Yoga for Improving Skills in Children with Developmental Delay and has private practice in Fairfield, Connecticut.

### Testimonial:

An intelligent and revealing articulation of yoga to the highest level, this book demonstrates a deep understanding of the essence of yoga and is an instruction manual that thoroughly dissects—and clearly conveys—every aspect, facet and dimension of this ultimate life science. The authors' personal style of writing brings dry facts to life, provides enjoyable reading and is an accurate and effective teaching tool.

*Martha Lonergan, Yoga Acharya  
Founder & Principal, Nth Degree Yoga, Washington, D.C.*



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