



CORE IMMERSION TEACHER TRAINING

with Todd Lavictoire

Live
Better
in Your
Body™

November 19-22, 2015
9am - 4pm, each day

**C\$640+HST before
October 29,
C\$700+HST after**

Beyond Yoga & Wellness Centre
3-66 Hearst Way #3
Kanata, ON K2L2P4

**Visit www.beyondyogaottawa.com to register
or call (613) 591-9642**

Note: Tuition includes manual, YTU Therapy Balls, and Coregeous® Ball



This immersion enhances your connection to the abdominal core and is filled with practical tools for integrating profound core work into your practice and teaching. Ideal for yoga, Pilates, fitness teachers, advanced yoga practitioners, massage therapists, dancers, and martial artists.

Learn how to apply conscious core moves into your practice, as well as ways of “core”ganizing and sequencing exercises within a classroom setting. You will systematically travel within your core to explore the key structures that mobilize and stabilize the spine. Learn dozens of power building core-related breathing exercises and meditation practices to improve your diaphragm’s structural and physiological function. Recondition, locate, and connect to a great sense of whole body spatial awareness.

Each day begins with posture and performance reviving self-massage techniques. Practice sessions deconstruct the core tissue-by-tissue with challenging exercises derived from Yoga Tune Up®. Afternoon sessions include injury scenarios, assessment strategies, hands-on-help, and conscious relaxation/ yoga nidra. Uncover a more tangible relationship to your core and ultimately inspire others to do the same.

In this Immersion, you will:

- Build integrated core strength throughout all abdominal layers
- Learn accessible breathing techniques to condition your respiratory diaphragm and breath mechanics
- Practice daily pain-erasing self-massage with YTU Therapy Balls
- Expand your repertoire of core-based exercises for your own personal practice and your classroom

Todd Lavictoire is an inspiring teacher who teaches and leads by example, inspiring students to open up and explore unknown depths of their physical, mental and spiritual beings. He reads his students and tailors his classes to meet their needs, but he also never misses an opportunity to challenge each and every one of them. When he isn’t leading yoga teacher training programs throughout the province you can take a class with him at CrossFit NCR, Pure Yoga Ottawa or at The Athletic Club in Ottawa, Waterloo or Guelph.



www.YogaTuneUp.com

Please review <https://www.yogatuneup.com/yoga-teacher-training> for required & recommended reading for this course