

LEVEL 1 CERTIFICATION
TEACHER TRAINING

with Amanda Tripp & Todd Lavictoire

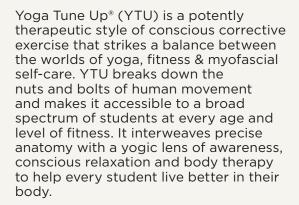
Live Better in Your Body™

\$1080 CAD+HST by February 8, \$1180 CAD+HST after

February 25-28 & March 1-3, 2016 9am - 5pm each day

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 training manual, and YTU Therapy Balls



YTU delves you deeply into integrated anatomy and body mechanics while helping you discover a fresh approach to movement. You will go beyond formulaic instruction and truly learn how to think and teach creatively within your classroom. In addition, you will help your students create and define a "path of purpose" so that you skillfully inspire them to unlock their greatest potential.



- Become proficient and comfortable with the fundamentals of anatomy, physiology and biomechanics
- Learn a step-by-step process to create memorable, accessible classes and learn to "think out of the boxana"
- Refresh your love of teaching and learn new classroom leadership skills
- Be prepared to teach your own Yoga Tune Up® classes, privates, and more

## This Training Program is best suited for:

- Fitness professionals seeking continuing education and a proven format to expand their teaching repertoire.
- Instructors seeking to grow their class attendance and/or private practice.
- Pilates instructors looking to cross over to teaching Yoga.
- Fitness instructors/professionals seeking to deepen their understanding of and further integrate anatomy and physiology into their teaching format.
- Fitness instructors/professionals looking to increase their creative teaching ability while simultaneously delivering advanced biomechanical instruction.
- Advanced Yoga practitioners interested in stepping into the role of instructor.

Todd Lavictoire and Amanda Tripp are lead YTU Trainers. Todd is the Program Designer and Director of Yoga Teacher Trainings for the Athletic Club throughout and Amanda is a Hatha Yoga teacher trainer who leads YTU Trainings, workshops, and classes throughout Ontario.



