



LEVEL 1 CERTIFICATION TEACHER TRAINING

with Amanda Tripp & Todd Lavicoire

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



Yoga Tune Up® (YTU) is a potently therapeutic style of conscious corrective exercise that strikes a balance between the worlds of yoga, fitness & myofascial self-care. YTU breaks down the nuts and bolts of human movement and makes it accessible to a broad spectrum of students at every age and level of fitness. It interweaves precise anatomy with a yogic lens of awareness, conscious relaxation and body therapy to help every student live better in their body.

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.

In this 70-hour training you will:

- 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 Lavicoire 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.



www.YogaTuneUp.com

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