



Yoga Tune Up® is a potentially therapeutic style of conscious corrective exercise that strikes a balance between the worlds of yoga, fitness, pain management, and myofascial self-care.



**May 31-June 10, 2018**  
9AM – 4PM DAILY

**\$1080 CAD** before May 10  
**\$1180 CAD** after

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

Learn more and register at  
[tuneup.fit/aFcuWj](https://tuneup.fit/aFcuWj)  
[www.tuneupfitness.com](http://www.tuneupfitness.com)

## Yoga Tune Up® Level 1 Certification

Yoga Tune Up® Certification prepares you to lead YTU classes, privates and workshops. The 7-day course delves into integrated anatomy, physiology and body mechanics while helping you discover a fresh approach to teaching and leadership for any movement modality (no prior yoga experience necessary.) Go beyond formulaic instruction and become an informed innovator who teaches and coaches creatively every time. Learn to “embody your body” through a step-by-step process that creates memorable, accessible classes. Refresh your love of teaching and learn multi-sensory education tactics to help students and clients of every age and condition to live better in their body.

### MEET YOUR TRAINERS, TODD & LISA

Your Level 1 training is co-lead by Lisa Hebert and Todd Lavictoire- a dynamic teaching duo with complimentary, yet distinct teaching voices. Both have been teaching Yoga for over a decade. Both are Yoga Tune Up® Leadership Trainers, leading certification trainings across Eastern Canada and Quebec. They are extremely passionate about movement exploration as a conduit to improved health and creating more joy in daily life. Todd's teaching is informed by strength training, Crossfit, decades of basketball training and most recently his Kettlebell certification. Lisa is a former professional contemporary dancer who has trained in many other styles of dance over 25 years of expressive movement exploration. Where fluidity and grace meet strength and stability, you find the crossroads of their combined teaching influences with a deep respect for, and a balance of each.

