



Connect to your core from inside-out and integrate your whole body's tissue dynamics. Embody breath practices that restore, repair and recondition every aspect of yourself.



April 19-22, 2018

9AM – 4PM DAILY

\$640 CAD before March 29

\$700 CAD after

Beyond Yoga & Wellness Centre

3-66 Hearst Way

Kanata, ON, K2L2P4

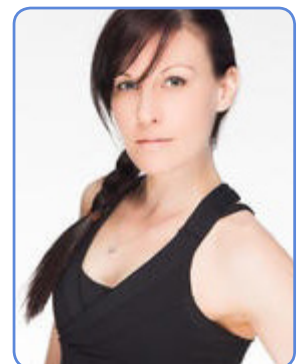
Yoga Tune Up®

Core Integration Immersion

Learn potent core moves for your own strength and mobility, and boost program design skills within any classroom setting. Systematically travel within your core to explore and embody the key structures that mobilize and stabilize the spine. Learn dozens of power building core-related breath exercises and meditation practices to improve your diaphragm's physiological function. Recondition, locate, and connect to a greater sense of whole body spatial awareness. Uncover a more tangible relationship to your core and ultimately inspire others to do the same.

MEET YOUR TRAINER, LISA HEBERT

With over a decade of teaching yoga and over 25 years in dance training and professional performance give Lisa a unique relationship to the body, and her teaching draws deeply on the two influences. A keen eye to fine detail, Lisa encourages full body exploration and guides you into sensing the subtle nuances of your own movement experience.



Learn more and register at
tuneup.fit/SQRupX

www.tuneupfitness.com