



Focus on the functional anatomy of the shoulders, arms, wrists, hands, head and neck for 3 days of dynamic embodiment.



## Yoga Tune Up® Shoulders Immersion

**October 26-28, 2018**

9AM - 4PM DAILY

**\$495 CAD** before April 06

**\$560 CAD** after

Beyond Yoga & Wellness Centre

3-66 Hearst Way  
Kanata, ON K2L2P4

Fill your tool-kit with experiential anatomy practices and selfcare strategies to heighten your understanding of the upper torso and its limbs. Improve strength, mobility and integrated body awareness. You'll be guided through a variety of hands-on adjustments, assessments, injury scenarios and meditation. Gain insight on incorporating novel shoulder movements into your classroom (or personal practice) while improving your teaching performance. Master the multiple simple and complex articulations of the upper body to improve posture and performance while reducing pain.

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

### MEET YOUR TRAINER, TODD LAVICTOIRE

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.

