YOGA TUNE UP® WEEKEND TRINA ALTMAN

SEPTEMBER 7&8

NEWPORT BEACH

SATURDAY & SUNDAY | 2-4PM
$40/ $45 day of (each day)

Day One: Yoga Tune Up® Core Integration- A Total Abdominal Awakening. Access the Deepest Part of Your Core and Welcome its Ecstatic Potential!

Core Integration addresses the physical, emotional and spiritual depths of your core so you can unlock the power of your center and reconnect to the stories buried within. Learn a series of extraordinarily deep abdominal exercises that will strengthen you from the inside out helping to penetrate weak muscle fibers, awaken sluggish organs, stretch scar tissue, and cultivate vibrancy throughout your nervous system. The workshop intelligently presents a vast array of abdominopelvic exercises reconnecting you to your belly in a thoroughly conscious way. *Continued on back*

Day Two: Yoga Tune Up® Therapy Balls- Strategies for Self Care.

From the soles of your feet to the crown of your head and everywhere in between, you will explore all the micro-regions of your body with the Yoga Tune Up® Therapy Balls and excavate tension from your joints and tissues. Learn fast, proven techniques to help ease pain, tension and stress in areas such as the neck, shoulders, upper back, lower back, IT Band, calves, feet and more! *Continued on back*

***Trina Altman**, E-RYT, is an Integrated Yoga Tune Up® teacher trainer, STOTT PILATES® certified instructor, and a graduate of YOGAspirit Studio's 500-Hour Yoga Therapy Program. She teaches weekly Yoga Tune Up® classes throughout Los Angeles, and trains yoga teachers in anatomy and in Yoga Tune Up® across the country. She is on the faculty of Kripalu, one of the nation's premiere yoga institutions and is a regular presenter at yoga and fitness conferences. Trina's teaching fosters body cognition and self-discovery, firmly grounded in anatomical awareness. She builds bridges between the mystical and the pragmatic, and specializes in helping others to access their body's tissues and their heart's purpose.*

TO REGISTER, VISIT **YOGAWORKS.COM** OR **CALL 949.640.9642**

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yogaworks® FOR EVERYBODY

Day One: Yoga Tune Up® Core Integration- A Total Abdominal Awakening. *con't*

Core Integration significantly enhances your Yoga practice, noticeably sharpening the quality of your inversions and backbends. It is a safe and transformative class for those dealing with specific core injuries and is a challenge for all levels - from newcomers to teachers. You will leave class rooted in the radiant support of your integrated core.

Please do NOT eat for two hours before class. This workshop is not appropriate during pregnancy.

Day Two: Yoga Tune Up® Therapy Balls- Strategies for Self Care. *con't*

This workshop will empower you to adopt a simple & effective self-care regimen by putting the power of self-massage into your own hands. Learning these sequences will help you to maintain your own body, prevent injuries and save you time and money on massage therapists and other costly treatments. A full-body 'rolling' session is followed by a guided focused breathing meditation which will allow you to experience a state of deep, conscious relaxation. You will leave feeling refreshed in body, mind and spirit.

No Yoga experience necessary. Students of all levels are welcome!

These workshop meets the Yoga Alliance Continuing Education standards.

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