Yoga for Every BODY.

YogaFit Level 1

This informative workshop gives instructors the tools to create inspiring vinyasa yoga classes that are founded on flow yet grounded in the safety of exercise science. The learning includes physical execution, transitions, and modifications to traditional yoga poses with an emphasis on effectiveness and safety. Dynamic vinyasa sequencing, flowing class formats, and transformative language for communicating the mind/body connection have made this the most popular vinyasa yoga style in the world today.

October 20-21, 2012

YogaFit Level 1

University of WI - Eau Claire
McPhee Education Center
Eau Claire, WI 54702

For more information & to register
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