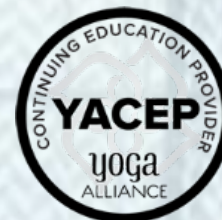


JW SPINAL YOGA WHEEL TRAINING CERTIFICATION (40 YOGA ALLIANCE HOURS)

Based on the
Grilley's Method
& Anatomy Train



Venue: TREFOIL, KL. Fees: RM5,500 (early bird before END JAN 2020)
Date: 2nd-5th APRIL 2020
Time:8.00am-6.00pm. Normal Price : RM5800

Training incl. 1 FREE Spinal Yoga Wheel

Come experience a 40-Hours Intensive Training of Spinal Wheel Yoga which includes the following learning:

- A) How to use the wheel for foundation & alignment yoga pose & Functional ***Yoga Anatomy to study on Skeletal Variation & Fascia movements***
- B) Safety & Precaution Standards needed while using the wheel & how the wheel assist in simplifying yoga poses
- C) Spinal Roll & Traction & Back Therapy & Shoulder Alignment Benefits
- D) **Scoliosis Management** with the Spinal Wheel
- E) Strength conditioning - Learning how to achieve Intermediate to Advanced Backbend, Hip opening, Arm Balance & Inversion poses using the wheel
- F) MYOFASCIA RELEASE TECHNIQUES using the wheel!
- G) **Yin Yoga with Spinal Wheel - Special Edition**
- H) **FOR ALL LEVEL**

Registration Details: Contact James :+60 124211979