



JW
WELLNESS

YOGA & PILATES STUDIO



JW AIRFLOW
YOGA & PILATES STUDIO

JAMES' WONG

*AIRFLOW MASTER TRAINER &
AIRFLOW YOGA FOUNDER*



VENUE: JW WELLNESS YOGA STUDIO (TREFOIL, SETIA ALAM)

TIME: 8.30AM - 6PM (Daily)

AIRFLOW YOGA TRAINING

NEW EVOLUTION, NEW TECHNIQUES, NEW WINGS

4TH-7TH JUNE 2020

CONTACT US : +6012-4211979;

JWWELLNESSLIFESTYLECENTER@GMAIL.COM FOR BOOKING

JW AIRFLOW(TM) YOGA/PILATES TRAINING COURSE

ADDRESS : TREFOIL; KUALA LUMPUR

CONTACT : James +6012 4211979

Email: jamespilates@gmail.com

Date: 4th-6th JUNE 2020

Time:8.00am-7.00pm

*** Lunch provided.**

Investment: RM5,500 early bird

(before End APRIL 2020); after RM6,500

Come experience a 40-Hours Intensive Training of Airflow Yoga & Pilates which includes the following learning:

- A) How to use the hammocks for foundation yoga pose & **Functional Yoga Anatomy**
- B) How to teach- Coaching and Sequence in JW Airflow Yoga Class
- C) Safety & Precaution Standards needed while using the hammocks & Assisting Students in class & Learn to layer options to different fitness level in class.
- D) Strength conditioning - Learning how to achieve Intermediate to Advanced Backbend poses using the hammocks
- E) Advanced level poses - Inversion poses & Airflow Partner work
- F) **Bonus 10-hours** Learning on **Suspended Core Pilates workout using the Hammock**

PRE-REQUISITE : EXISTING YOGA TEACHER, DANCER BACKGROUND, PILATES TEACHERS, GROUP EXERCISE INSTRUCTORS, AT LEAST 1 YEAR IN TEACHING EXPERIENCE

Payment to:

Public Bank Account
CA no : 3813369823
JW Wellness Lifestyle
Center

