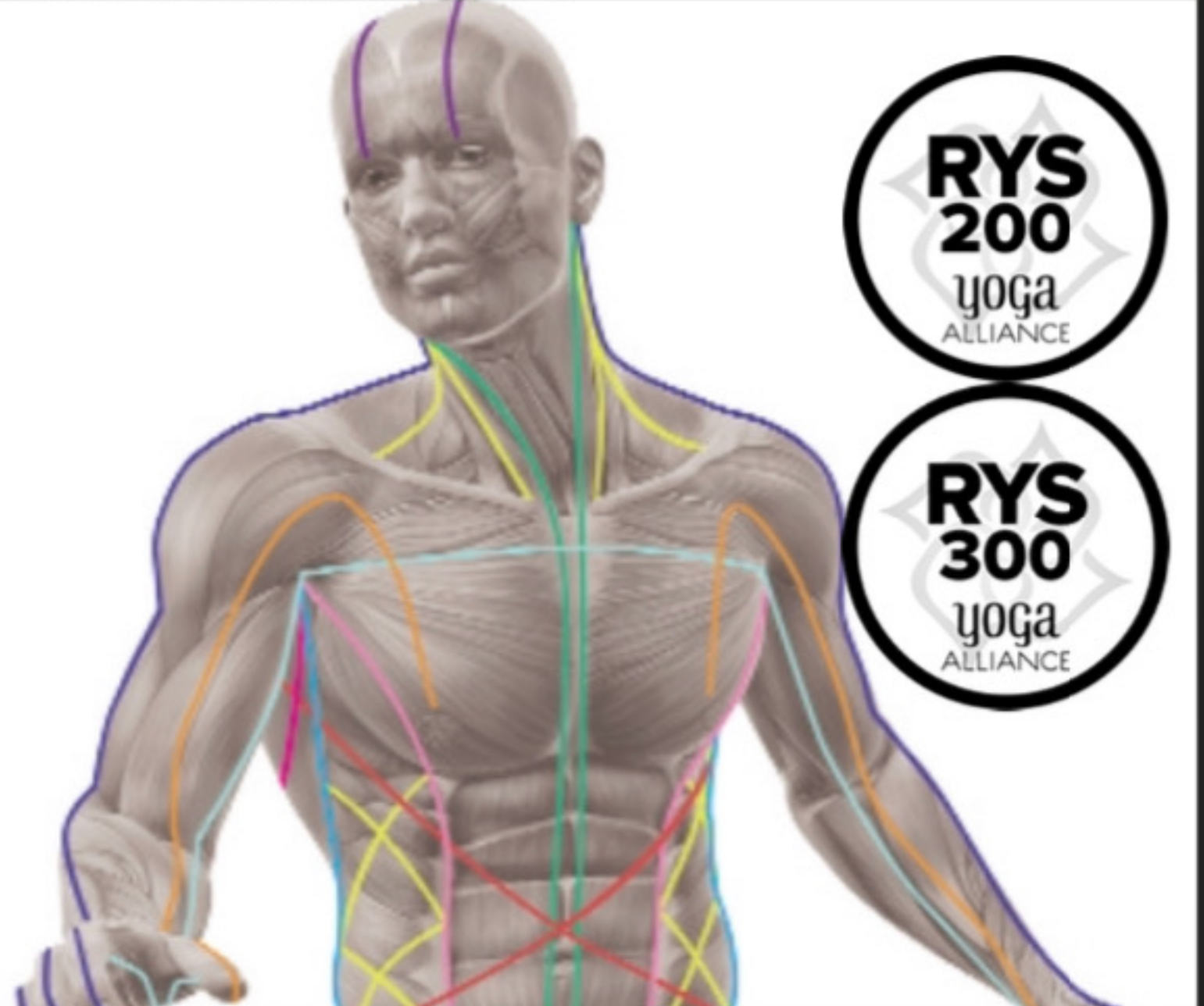


FUNCTIONAL YOGA & THE ARTE OF FASCIA CONNECTION SPINE & SHOULDER MODULE 2nd-5th January 2020

Prerequisite to both 200 & 300 Hours TTC



Lumbar Spine vs. Shoulder



INVESTMENT: RM2,500 (early bird sign up before END OF OCTOBER 2019; normal price RM3,000)

VENUE: TREFOIL @ SETIA ALAM

TIME: 8am-6pm

Vegetarian Lunch & Tea Breaks Included

For more information:

jamespilates@gmail.com or contact

James: +60124211979 (whatsapp).

Facebook: James' Wong

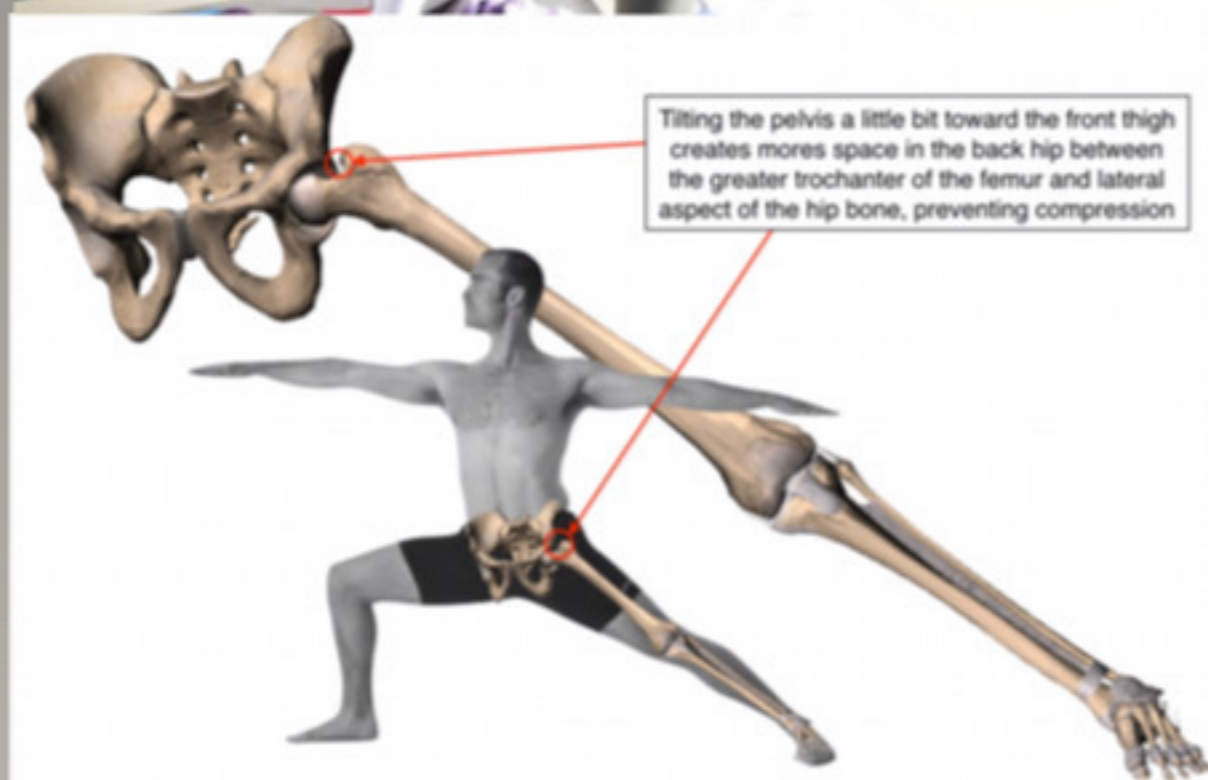
Instagram: jamesyogapilates

James' Wong is a renowned Yoga Anatomy Teacher in Asia; 200 & 300 Hours TTC Yoga Alliance Trainer & a ERYT500 Hours Certified Yoga Alliance Trainer; & a Certified Remedial Therapist in Fascia Trigger Point from Australia, Studied & Trained under the Grilley's method; Certified in Biomechanics and Manual Therapy & a Yoga Anatomist columnist for Yoga Life Asia on bi-monthly issue & IAYT Yoga Therapist.

He will be sharing a comprehensive understanding of the functionality of understanding our connective tissues in yoga movements & human skeletal variation. Much focus on **Scoliosis Management**; and covers a vast study on postural studies; fascia studies of the body & skeletal variation to bring a well-balanced yoga practice. **Main topics discussed - Fascia and Connective tissues in Mobilization Approach to Yoga movements & Scoliosis & Structural studies on the skeletal variation**, correction of spinal structural dysfunction through their Thoracic opening, reviving range of motion on shoulder girdle by studying both skeletal variations & fascia aspects. In this 4-Days, details on the Spine, Shoulder girdle will be covered along with practical case studies on yoga asanas. Come experience this life changing learning opportunity with us.

FUNCTIONAL YOGA & THE ARTE OF FASCIA CONNECTION HIPS & POSTURAL ANALYSIS 7th-9th FEBRUARY 2020

Prerequisite to both 200 & 300 Hours TTC



INVESTMENT: RM2,000 (early bird sign up before **END OF OCTOBER 2019**; normal price RM2,500)

VENUE: TREFOIL @ SETIA ALAM

TIME: 8am-6pm

Vegetarian Lunch & Tea Breaks Included

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He will be sharing a comprehensive understanding of the functionality of understanding our connective tissues in yoga movements & human skeletal variation. Much focus on **Scoliosis Management**; and covers a vast study on postural studies; fascia studies of the body & skeletal variation to bring a well-balanced yoga practice. **Main topics discussed - Fascia and Connective tissues in Mobilization Approach to Yoga movements & Scoliosis & Structural studies on the skeletal variation**, reviving range of motion on the hips by studying both skeletal variations & fascia aspects. In this 3-Days, details on the Hips will be covered along vastly with practical case studies on yoga asanas. You will also taught to assess postures and how to be aware of your yoga practices based on your postural misalignment.



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YOGA THERAPIST

FUNCTIONAL YOGA I

- SKELETAL VARIATIONS & FASCIA -

7-DAYS MODULE SYSTEM LEVEL 1

3rd-9th FEBRUARY / 8th-14th JUNE 2020

Prerequisite to both 200 Hours TTC



INVESTMENT: RM4500 (early bird sign up before **END OF NOVEMBER 2019**; normal price RM4,999)

VENUE: TREFOIL @ SETIA ALAM

TIME: 8am-6pm

Lunch & Tea Breaks Included

For more information:

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In Functional I, you will have a comprehensive understanding of the functionality of the human skeletal variation & how our connective tissues (fascia) plays an important role in yoga movements. Partial focus will be on Scoliosis Management; and covers a vast study on postural studies; fascia studies of the body & skeletal variation to bring a well-balanced yoga practice. **Main topics discussed - *Fundamentals of Fascia in Structural Integration of the bones based on the understanding of skeletal variations***, correction of spinal structural dysfunction through their Thoracic opening, manual manipulation of the joints to revive better range of motion on shoulder girdle by studying both skeletal variations & fascia aspects. Details on the Spine, Shoulder girdle, Hips will be covered along with practical case studies & tests. Come experience this life changing learning opportunity with us.