

YOGA SMR CERTIFICATION

CALLING ALL YOGA INSTRUCTORS

We bring the most up-to-date information surrounding the nervous system, muscles, fascia, yoga movement patterns and mobility techniques that you can immediately integrate into your yoga practice to help clients make lasting change in their body.



DETAILS + PRICING

RAD YOGA (RY-1)

8:00 AM - 3:00 PM
MARCH 2, 2019

8:00 AM - 12:00 PM
MARCH 3, 2019

LOCATION

HAPPY DOG YOGA STUDIO
201 N. RIVERSIDE DR. SUITE C-10
ST. CLAIR, MI 48079

RAD YOGA

ABOUT

RAD Yoga is a highly practical and interactive education course that sets the foundation for yoga instructors to intelligently and skillfully integrate and sequence self-myofascial release into a yoga class or private session. This training involves 2 components: online and in-person. The online material consists of videos on fascia, fascial chains, self-myofascial release & RAD mobility tools. The 10-hour in-person involves practical application.

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15% OFF EARLY BIRD SPECIAL

ENROLL BY 1/8/19, USE CODE **RADYOGA15**

COST: \$419

PRICE INCLUDES RAD ALL IN KIT TO THE FIRST 10 REGISTRANTS (\$140 VALUE)

REGISTER

RADROLLER.COM

LEARNING OBJECTIVES

- Understand and apply 20 years of research with your yoga students
- Comprehend the do's and don'ts of self myofascial release
- Apply basic anatomy and physiology principles to improve SMR and mobility results
- Identify the main roles and functions of the regions of the human body
- Compare mobility to flexibility and understand their role in yoga
- Discuss and practice effective student cueing techniques
- Integrate appropriate SMR tools and techniques into your warm up and cool down sequences