



# Foam Roller and AcuBall™ Workshop Saturday, April 18<sup>th</sup> 2015

Our bodies covered with a rich layer of connective tissue called fascia. And, fascia may inhibit our movement and our range of motion--to the point of pain! In this workshop, learn to use two powerful, pain-relieving tools: the AcuBall and the foam roller. The AcuBall offers relief from stiffness and pain, and exercises using the foam roller develop strength and empowerment. In addition, the principles of Core Functional Fitness™ are followed to ensure safety, assess neutral, and use strength-stretch combination movements. Experience core-work unlike any other.



## SESSION I: 10 am - 1:30 pm, \$85

This session is for students, teachers and therapists who want to learn more about the foam roller and AcuBall for their own personal practice and refinement. To ensure everyone has a positive experience, step-by-step details and individual practice time will be provided in an open dialogue format.

Participants will learn, practice and experience everything covered in the manual. Each move and pose will be explored in detail, so every participant will have a complete understanding by the end of the session.

This session is a prerequisite for Session II. **Session includes a fully-detailed manual.** Earn 3.5 CEC's through Yoga Alliance.

## SESSION II: 2:30 - 5 pm, \$60

This follow up session is for teachers & therapists only, who would like to develop a teacher's perspective on how to incorporate using the foam roller and AcuBall into their classes.

In succession to Session I, this session focuses on alignment, adjustments and common concerns by students. We will work with partners and in small practice teaching groups, adjusting and troubleshooting. Tips, cueing and Q&A will all be a part of this incredible session.

This session includes a fully-detailed manual (from session I), and a **certificate of completion.** Earn 3 CEC's through Yoga Alliance.

## SESSION I & II: \$145

Receive fully-detailed manual. Earn 6.5 CEC's through Yoga Alliance. *Note: Teachers, therapists and fitness professionals must take both sessions to receive a Teacher Training Certificate.*



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www.CopperTreeWellnessStudio.com  
www.HopeCoreFitness.com

### ABOUT CORE FUNCTIONAL FITNESS™

Core Functional Fitness was created in Wisconsin in 2010 by Hope Zvara to address the ineffective methods and practices taught many Pilates, yoga and fitness instructors. Now a registered method of movement and fitness, Core Functional Fitness introduces the importance of body alignment, presents mindful movements and explores functional postures (exercises) to improve overall core health and everyday wellness. HopeZvara.com

