



What If One Weekend Could Change The Way You Teach Or Train Forever?

Are you ready to discover what your "CORE" really means?

Core Functional Fitness Teacher Training Level 1: Functional Foundation

- Discover the core muscles that are essential to every exercise and every day life.
- Learn how proper core activation will increase whole-body function and reduce injuries for your students.
- Learn to assess posture to find neutrality.
- Integrate core activation into functional movements to train the entire body more efficiently.
- Discover the importance of fascia release as well as how to teach stretching and strengthening combination movements.
- By combining awareness and experience—both thinking and feeling—movements become truly functional and effective.
- Find strength, stability and mobility.
- Total Training: 18.5 hours / Homework: 10 hours
- Training includes 60-page foundational manual

Recommended for fitness professionals, therapists, yoga instructors and avid yoga students.

**September
25th – 27th 2015**

WEEKEND PROGRAM

Meets on Friday, Saturday & Sunday

Friday: 5:30 – 9 pm
Saturday: 8 am – 5 pm
Sunday: 9:30 am – 5 pm

Register Today!
Early-Bird Pricing
\$597 30 days before,
\$797 after

APPLY ONLINE

<http://hopecorefitness.com/teacher-trainings/>

For more information, email
Info@hopezvara.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 by 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. HopeCoreFitness.com



Copper Tree
YOGA STUDIO
AND WELLNESS CENTER