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ADAPTIVE EXERCISE
BARRE
BIOMED
CORE TRAINING
FLOWING YOGA
FLASK BELLING
FUNCTIONAL FLEXIBILITY
FUNCTIONAL PLACES
GROUP EXERCISE
GROUP FITNESS DIRECTOR/STUDIO OWNER
GROUP STEP
GROUP STRENGTH
HIIT
METABOLISM
MIXED IN MOTION
LIFESTYLE & BEHAVIORAL COACHING
MEDITATION
MIND BODY FEELING
MIND IN MOTION
NUTRITION, PERFORMANCE & METABOLISM
PERSONAL TRAINING
PERSONAL TRAINING
PLACES MATWORK
PLACES SMALL APPOINTMENT
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📍 Lights
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🗣️ Action

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jeff howard
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WALL YOGA: sensing confidence **with Stacey Lei Krauss**

Are you looking for a unique format for your virtual classes? In this powerful practice, you'll use a wall for assistance and resistance; enhancing joint mobility and muscular flexibility. The feedback of the wall provides a deep sense of security and confidence – leading to emotional healing. During this slow flow we'll breathe deeply with mindful mantras and you'll be amazed at how healthy and invigorated you feel!

EQUIPMENT: An open wall to lean against, a yoga mat (or carpet) and a yoga block (or thick book or small, firm pillow.)

Physical Exercise is a Sensory Stimulating Experience – let's amplify this concept in a fresh new way.

Why exercise + Why now?

EMOTIONAL REINFORCEMENT

| SENSORY | EXERCISE | EMOTIONAL REINFORCEMENT |
|-------------------------------|-----------------|--------------------------------|
| (OLFACTORY, GUSTATORY) | | |
| VISUAL | | |
| AUDITORY | | |
| VESTIBULAR | | |
| TACTICLE | | |
| PROPRIOCEPTION | | |

INSTRUCTORS:

Thank you for joining me! Would you like a copy of my Power-point? Email me!
x. slk