



Roll This: Fascia, Foam Roller and acuBall™ Workshop June 28th & 29th 10am-3pm, New Harmony, Utah

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.



Learn about Fascia, Earn CEC's, Truly Inspire & Help Your Students & Clients

This session is for students, teachers and therapists who want to learn more about fascia, how to keep it healthy, the foam roller and acuBalls 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. Participants will learn more about fascia and how movement plays a role your health. Each move and pose will be explored in detail, so every participant will have a complete understanding by the end of day one.

Day two you will work to develop a teacher's perspective on how to incorporate using the foam roller and acuBall into a class. Focusing 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. In addition participants will learn body mapping and how to create a healthy fascial webbing in the body.

Attend this workshop and earn 10 Yoga Alliance CEC's

Register Here: <https://hopezvara.com/events>

\$250 without foam roller
\$280 with foam roller

Each participant will receive a copy of Hope Workbook Roll This! acuBalls are not included, but will be available for each participant to use during the training.

Note: Teachers, TNC's, therapists and fitness professionals can receive a certificate of completion.



International Institute of Holistic
Health and Education

For more info please contact
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 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

