

# Journey from Yoga Rookie to RYT

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- How fitness professionals perceive Yoga and Yogis
- The primary and secondary components of fitness developed through Yoga
- Strength vs stability, flexibility vs mobility
- Why so much focus on breathing?
- WorkOUT and workIN – the impact of mindfulness
- How “choosing your sensation” optimizes your practice, and your results

## Helping the fitness fanatic find a craving for Yoga

- ✓ YogaFit’s transformation language
- ✓ Maximizing “permissions”
- ✓ Connecting with goals
- ✓ The concepts of letting go and Yoga *practice*

## YogaFit Sample Class

### Mountain 1 – Warm-Up

Mountain

Chair flow

Forward Fold – Monkey flow

Cat/Cow flow – side stretch/hip and shoulder mobility

Modified Half Series (Child’s Pose – Kneeling Plank – Crocodile on Knees – Cobra)

Downward Facing Dog – Half Series (DD – Plank – Crocodile – Cobra)

Stepping into Lunge flow

Mountain

### Valley 1

Sun Salutations Series – with Twisting Lunge and Chair flow

### Mountain 2 – Work Phase

Downward Dog

Crescent Lunge + Warrior 2 (alternating sides)

Downward dog – option to rest or flow (Vinyasa)

(Repeat other side)

Crescent Lunge + Warrior 2 (alternating sides) + Triangle + Side Angle

Downward dog – option to rest or flow (Vinyasa)

(Repeat other side)

**Valley 2 – Balance**

Mountain – lateral flexion

Tree Pose – Standing Pigeon

**Mountain 3 – Floor Work + Deep Stretches**

Restorative Forward Fold

Locust Pose

Restorative Child's Pose

Boat

Table Top/Incline Planks

Butterfly

Staff

Seated Forward Fold

Frog

Knees to Chest

Supine Spinal Twist

Final Relaxation

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Booth #712 in the expo hall**

**[www.yogafitcanada.com](http://www.yogafitcanada.com)**

**Upcoming Level 1 Trainings:**

**Sept 23-24, 2017 GoodLife Fitness Plaza Club, Toronto**

**Oct 19-20, 2017 Ramada Plaza Hotel, Toronto**

**Nov 11-12, 2017 FitWithin, Hamilton**