



The Science of Rolling empowers you to personally adopt and teach simple and effective self-myofascial release regimens.



The Roll Model® Method The Science of Rolling

November 11, 2017

10 AM - 6 PM

2855 SEK before October 21

3175 SEK after

Haninge yogastudio

Nynasvagen 44
136 40 Handen

CEC CREDITS WITH ACE, ACSM, AFAA, NASM

Put the power of self-myofascial release into your own hands in this training that empowers you to personally adopt and teach effectively simple self-care regimens. Explore the science of pain physiology and fascia fundamentals while learning 6 ball sequences with the Original Yoga Tune Up® Therapy Balls. Enlarge your recovery/regeneration offering to clients and students in classrooms, coaching, clinics and special populations. This whole-body stress relief approach also improves your own longevity as a fitness professional.

MEET YOUR TRAINER, ANNELIE ALEXANDER

Annelie Alexander is the only Integrated Yoga Tune Up® teacher and Roll Model® method practitioner in Scandinavia & northern Europe. She's been working with health promotion for the past 20 years and is currently offering Yoga Tune Up® classes and private sessions in Stockholm, Sweden.



Learn more and register at
tuneup.fit/peNZfe
www.tuneupfitness.com