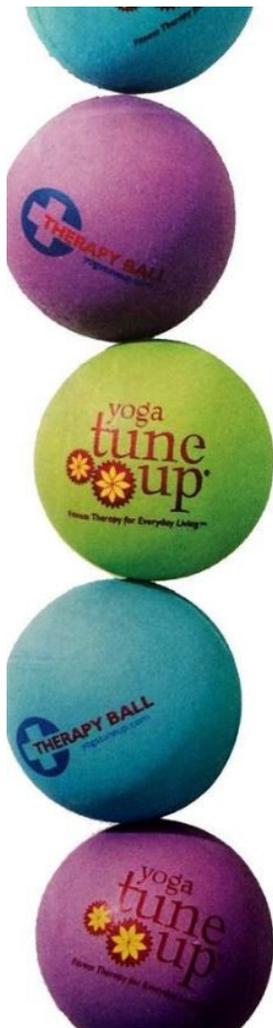


June 6 - 13



How to get there:

- By car or airport destination Split
- take a bus from airport to Makarska or a transfer can be organized with additional costs.

Tel: 00385 95 809 9391

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richter372001@yahoo.com

Myofascial Release training in Croatia June 6 - 13 with Helen Keenan



Sunny days, emerald waters, green pine trees, interesting architecture, incredible wines, delicious seafood and stunning views. Join Helen Keenan's yoga/training retreat in Makarska, Croatia. A week that offers a unique combination of self-care, holiday and education/training.

Distinguish your teaching of self-care through self-massage for every client and context. The 7 day holiday comprises the in-person modules of the Roll Model® Method Practitioner training.

The 2 trainings empower you to teach and adopt simple and effective self-myofascial release regimens, using Yoga Tune Up®/Roll Model® Method Therapy Balls.

You will learn how to incorporate Therapy Ball sequences into your teaching toolkit by introducing embodied anatomy concepts to your students or clients. Roll Model® Therapy Balls can be used as an adjunct offering within **yoga, personal training, group fitness, Pilates, corporate wellness, dance, massage therapy, in clinical or mental health settings.**

They improve body coordination and movement, as well as can reduce pain. This course will enable you to immediately add these techniques to your teaching and will guarantee you full classes!

In between you will have plenty of time for scenic hikes, swims in the crystal clear blue Adriatic sea or shopping in the charming old town of Makarska. **Relax, get in tune with nature and rejuvenate!**

Pension Batosic

Kipara Mestrovica 25

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richter372001@yahoo.com oder

www.annettesyoga.com

Program June 6 - 13 2020

- Day 1: - Arrival and Welcome dinner
- Day 2: - Training (4 hours), PM yoga class
- Day 3: - Training (4 hours), PM yoga class
- Day 4: - Day off or morning yoga class in studio
- Day 5: - Training (4 hours), PM yoga class
- Day 6: - Training (4 hours) Q&A, Afternoon self care workshop (2/2.5hrs)
- Day 7: - Breakfast and Departure

