



EAST TO WEST MIND BODY with Lauren Green

Mind body practices are generally based on Eastern society principals, so how do we incorporate this into our Western lives and fitness routines? Join Lauren in this masterclass, which blends east and west and will introduce you to a freestyle mind body class which is easily digested by all kinds of fitness enthusiasts. Lauren will cover the following concepts:

- 1. Mindfully listening to your internal compass (your intuition)*
- 2. Learning to navigate basic Eastern principals (Seasons, Elements, Yin and Yang)*
- 3. Using mindful movement and language to weave the ideas simply into your classes or clients routines*
- 4.*

LEARNING OUTCOMES: Group Fitness Instructors and PT's will take away simple techniques to help clients find their internal compass (how they feel and think) and learn to navigate weaving Eastern principals into their Western Mind Body classes or PT sessions.

Lauren's fitness career began in 2004 and she loves teaching a wide variety of group-ex from HIIT to HiLo and Aqua. She is passionate about the mind body connection in our fast paced society and adores inspiring participants with Yoga and Mind Body classes. Lauren is a keen group-ex mentor and enjoys empowering instructors in the creative art of freestyle.



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