



## YIN YANG MIND BODY – Lauren Green

*A sequel to #Masterblaster 2017's Mind Body Balance masterclass, group-ex professionals will walk away with some extra tools to teach a dynamic and effective mind body class, enhancing their current skills. Teach mindful fitness incorporating Yin Yang combinations inspired by Eastern principals, allowing participants to feel the physical benefits of breath work, flowing mobility and light strengthening and stretching. In this session Lauren will help you find the confidence to teach a class which promotes unity of the mind and body!*

Lauren's fitness career began in 2004 and she loves teaching a wide variety of group-ex from HITT to Hi Lo and Aqua. She is passionate about 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 other instructors in the creative art of freestyle.



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