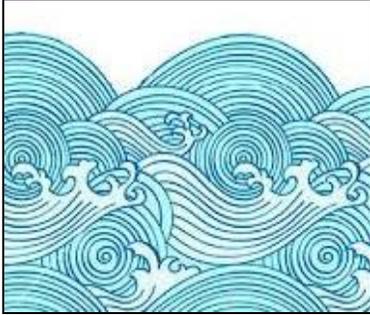


SPRING/Summer Workshops 2019 with Phys-x

Earn BCRPA credits in practical workshops

BCRPA Renewal Credits

Making Waves Aquatic & Fitness Conference



@Templeton Pool, Vancouver on Sunday June 2nd 8:15am -5pm

All day sessions: 1. Alignment by instructional Design, 2. How to Introduce Play into Adult Environments, 3. Somatics for the care of the Fitness Professional, 4. Assessments for Everyone

Fee: \$210.00 All day - 7.25 BCRPA credits

Or afternoon only sessions: Sessions #3 & #4

4.5 BCRPA renewal credits 12:15-5 pm Fee: \$157.50

Presenters:

Brian Justin, Sandra Starrett, & Brenlee Rempel

The Mobility Stability Relationship

@ Alchemy, North Vancouver

on Saturday July 13th, 9:30-3:30 pm

Presenter: Brian Justin

Fee: \$262.50

6 BCRPA credits



Help Your Clients Overcome Nagging Pain And Dysfunction

Educator **Brian Justin** will address what is mobility? What is stability? And how do they work together to provide clean and effective movement?

The highlight of this interactive workshop will be to show Personal Trainers how to maximize these two qualities in their programs.

The results will be learning how to clean up fundamental movement patterns that are typically used in resistance training, specific targeted tissue work, how to incorporate the practice of lengthening exercises, learning effective motor control activities and integrative movement drills.



21 Point Inspection for Personal Trainers @ Alchemy, North Vancouver 6 BCRPA credits

on Saturday Sept 28th, 9:30-3:30 pm

Presenter: Brian Justin **Fee: \$262.50**

TOOLS to KEEP YOUR CLIENTS INJURY FREE

21 Point Inspection

Which Assessments Are Best To Perform On Clients To Help You Design The Most Effective Workouts?

This workshop will go through 21 things you can do quickly to help ensure the safety of your client and design effective exercise selection to help clients to progress.

Cars are given a 21 point inspection before road trips, why not provide a 21 point inspection to ensure a safe physical activity journey for the amazing human body.

Join popular presenter, Brian Justin (MKin), for this informative and small group Inter-active learning session.

This class is ideal for personal trainers who are seeking cutting edge approaches to enhance their clients' experience. Alchemy Wellness Centre is a unique personal training & yoga studio with small class sizes in workshops (4 -10 participants) to give you personal attention for a quality experience.

To Register or for more info: Contact Sandra by e-mail s-star@shaw.ca or text: **604 785-8776**