



The Mind-and-Body Conference of the Middle-East
April 20 through 25, 2012
Live, Love... Give!

Workshops and Master-Classes

YogaFit® Level 1 Certification: Course by Tracy Jennings-Hill

This informative teacher training workshop gives yoga instructors the tools to create inspiring vinyasa yoga classes that are founded on flow yet grounded in the safety of exercise science. The learning includes physical execution, transitions, and modifications to traditional yoga poses with an emphasis on effectiveness and safety. Dynamic vinyasa sequencing, flowing class formats, and transformative language for communicating the mind/body connection have made this **the most popular vinyasa yoga style in the world today.**

While most attendees have experience as either yoga students, teachers, therapists, or as fitness professionals, **there are no prerequisites**, only the desire to learn and commitment to attend. YogaFit® Level 1 includes an innovative and experiential learning environment guided by a talented and experienced [YogaFit Master Trainer](#), and a comprehensive training manual.

Dealing with Shoulder Injuries for Fitness Professionals: Workshop By Karim Strougo

The shoulder is the joint that offers the widest range of motion in the human body. This freedom, unfortunately comes with a price... The shoulder joint is extremely susceptible to injury! So much so, that the international guidelines for ALL shoulder exercises were changed in the middle of this year!

This is your chance to learn the new safety guidelines for the most common shoulder exercises. This comprehensive workshop will give you a deeper understanding of the shoulder joint complex through covering the following topics:

- In-Depth Shoulder Anatomy
- Mechanisms of Injury
- Key Factors for a Healthy Shoulder
- Indirect Hazards
- 2011 Shoulder Safety Guidelines

Dealing with Knee Injuries for Fitness Professionals: Workshop By Karim Strougo

Knees are the second most common site of injury in sports and exercise. The first being the low back.

The knee is a very complex functional unit in addition to being a major weight-bearing joint. Knee cartilages, ligaments, as well as tendons crossing it, are some of the potential injury sites. It is also one of the most common sites for arthritis.

This Workshop will teach you how to deal with various knee injuries, how to restore knee health and proper range of motion and how to teach your clients correct body mechanics to prevent damage to knee structures.

Covered topics include:

- Anatomy & Biomechanics of the Knee
- Mechanisms of Injury
- Types of Knee Injuries
- The Therapeutic Approach to Knee Injuries
- Knee Rehabilitation Protocol
- Maintaining Results & Preventing Recurrence

YogaFit® Level 3 Certification: Course by Tracy Jennings-Hill

YogaFit's Level 3 takes trainees on an introspective journey of self-awareness. Trainees will spend time discussing metaphysical and philosophical aspects of yoga and the effects that yoga has on the mind-body connection. Through study of the Four Paths of Yoga and chakras, trainees take a deeper look at the transformational power of their own yoga practice. Then, using YogaFit teaching tools, trainees will learn how to integrate these concepts into their classes, making them a richer experience for participants.

Teachings include:

- Breakdown of 20+ New Poses and Sequencing
- Moon Salutation
- Health Benefits of Meditation
- Hands-on physical adjustments
- Study of the Right and Left Brain Activity
- Benefits of Journaling & Mindful Living
- Brain and Nervous System

- Importance of a Personal Practice
- Discussion of the 7 Chakras (energy centers) in the body
- Four Paths of Yoga

Yoga Dance : Master Class by Karim Strougo

This invigorating class offers you a continuous Vinyasa flow of Yoga Asanas, choreographed in a fluid, rhythmic and highly dynamic sequence.

“One Breath, One Move” being the motto of this class, it elevates the heart rate into the fat-burning zone, thus adding weight-loss to the other benefits of yoga.

Music that will grab your soul and moves that will allow the life-energy to flow through your body with abundance.

A class designed to create a well synchronized “Pas-de-Deux” between your body and your soul !

Gateway to the Soul : Workshop by Neveen El-Gamal & Kerry Guy

Gateway to the Soul offers participants the opportunity to enter the living reality of the Soul. As they do this they will come to recognize the infinite majesty of their Soul reality. They will also learn how to balance human being and a soul being within everyday life.

Because souls are eternal and infinite we are connected to everyone and all times at one time, which is now. Now is the eternal moment of being, which is always in harmony with the eternal expression of being which is, the Soul!

Confusing? Maybe? But that is what we as facilitators hope to clarify for you in these soul inspired sessions.

This workshop will probably incorporate stepping out of one’s comfort zone of familiarity which is never easy, but it is essential in order to find answers to the questions relating to life paths and life purpose.

Discovering the Gateway to the Soul requires understanding that we are simply EnerGy in physical form. Form; participants will discover is the reason we were born, for it is only 'In Form' can we become InFormed about our Soul Reality.

YogaFit Seniors: Workshop by Tracy Jennings-Hill

YogaFit Seniors one-day Teacher Training allows YogaFit Instructors to modify original YogaFit classes into variations designed to increase the fitness level of individuals 55+ in age, now the largest age group in our history!

Learn to create workouts for seniors who have been active through their lives and are seeking programs that continue to challenge them, yet honour their aging bodies and/or seniors who have been sedentary and are discovering the need to exercise as they grow older and desire continued comfort and ability.

YogaFit Seniors incorporates all the advantages of challenge and self-pacing for all levels and ages of this large population. The poses and methods will allow your seniors to increase muscular strength, endurance, flexibility, and increase stamina, lung capacity and overall wellness.

This One Day Workshop is not designed to teach a student how to teach a basic yoga class (see Level 1 Teacher Training for this education). The information given in this one day workshop is designed for experienced Yoga teachers, providing guidelines and modifications for this special population. YogaFit Teacher Training Level I is HIGHLY RECOMMENDED for this specialty training.

Para-Stepping, Beyond the Step: Workshop by Karim Strougo

Have you been teaching Step for years? Are you starting to get bored with Step Choreography?

Let Step-Master Karim Strougo show you the way to new stepping challenges you never thought were even possible!

This workshop will teach you how to take your step class to new heights that will keep your clients challenged, motivated and... exhilarated !

Para-Stepping: Master Class by Karim Strougo

Two steps... twice the fun !

Two parallel steps, the hottest music and dynamite diagonal choreography ! All the ingredients for an unforgettable Para-Stepping experience !

This class will improve your coordination, enhance your cardiovascular endurance, burn fat and take you on an exhilarating stepping ride that you will never forget.

Dealing with Low-Back Injuries for Fitness Professionals: Workshop by Karim Strougo

Low back pain is a very wide spread problem. A recent study suggests that 80 percent of people will experience low back pain at one point or another during the course of their lives! In some cases, this pain is mild and tolerable; in some others it's unbearable and debilitating.

This comprehensive workshop will help you to incorporate science into your practice in order to help your clients get rid of low-back pain, restore good health and balance to the spine and maintain a healthy back throughout their daily lives.

Karim brings his years of practice as a fitness therapist into this workshop to give you well-tested techniques to relieve most low-back ailments; connecting the mind to the body and incorporating **Yoga Asanas, Rehabilitative Exercises, Active & Passives stretches**, as well as **gentle manipulations** unleashing the tremendous healing powers of the human body from within.

Covered topics include:

- Anatomy & Biomechanics of the Spine
- Understanding Pain
- Mechanisms of Injury
- Types of Low Back Injuries
- Core Stability
- The Therapeutic Approach
- Maintaining Results & Preventing Recurrence

Creating the Ultimate Toning Experience for Group Fitness Instructors: Workshop by Karim Strougo

Even with the growing invention of new fitness gadgets every day, toning classes are still less popular than aerobics. Most people attend toning classes because they know they “have to” not because they enjoy them.

This workshop will teach you how to create a very challenging, fast-paced and highly dynamic toning class that will:

- Keep your clients on their toes, motivated and always coming back!
- Maximize caloric expenditure
- Change body-shape and composition in record time
- Improve endurance, coordination and balance

Master these skills and you will be able to create a class that will put your clients right into their fat-burning target zone while sculpting their bodies in a way that they never experienced before.

To completely master the above-mentioned skills, and for full CEUs, it is highly recommended that you attend the **Body Blast** Master Class.

Body Blast: Master Class by Karim Strougo

Join Karim for an unforgettable body-sculpting experience! This class will keep you in your fat-burning zone, improve your muscular endurance, work on your balance and sculpt your body like never before.

This is the class you need to reach the body of your dreams !