



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.

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
20 hours over 2 days	15	15	1.5

YogaFit® Master-Class (Mixed Level): By Tracy Jennings-Hill

This is a Mixed Level Yoga class consisting of classic sequences which include our Yogafit Standard Standing warm-up, Sun salutations, Warrior flows, Balance poses and an array of prone, supine, hip openers, and twisting postures finishing with a soothing relaxation.

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
1.5	1*	1*	1*

*** Only if taken with the “YogaFit Level 1 Certification Course”.
Classes alone do not offer any CEUs.**

YogaFit Master-Class (Advanced Beginner Level): By Tracy Jennings-Hill

This is an Advanced Beginner Yoga class consisting of classic sequences which include our Yogafit Standard Standing warmup, Sun salutations, Warrior flows, Triangle flows, Balance poses and numerous prone, supine, hip openers and twisting postures with help advance the basic yoga practitioner.

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
1.5	1*	1*	1*

*** Only if taken with the “YogaFit Level 1 Certification Course”.
Classes alone do not offer any CEUs.**

Diagonal Streaming®™: The Elusive Pilates Element: Workshop by Karim Strougo

Discover SAFE Academy’s Diagonal Streaming®™ method which will take your Pilates practice into all new heights and endless exercise possibilities!

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
2	2.5*	2.5*	—

***Only if taken with the “Pilates: the SAFE Way®” Master Class.
Workshop alone is worth 2 SAFE and AFAA CEUs**

Pilates: the SAFE Way®! : Master-Class By Karim Strougo

Experience Pilates, the SAFE Academy style!

Using SAFE Academy's Diagonal Streaming®™ method, you will discover a new realm of possibilities for stabilizing your core, sculpting your body and improving your agility.

Your dream waistline is only a few “streams” away !!

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
1.5	1*	1*	—

*** Only if taken with the “Diagonal Streaming®™: The Elusice Pilates Element” workshop. Classes alone do not offer any CEUs.**

Biomechanics of Pilates and Yoga: Workshop By Karim Strougo

This very dynamic and highly interactive workshop will teach you the reasons behind the specific (and sometimes very subtle) variations in Pilates and Yoga exercises. You will understand how every little change you do to a Pilates exercise or a Yoga Asana can have a great impact on the outcome of that exercise. You will also understand how you can continuously keep your clients feeling challenged and always progressing to more and more advanced levels of performance, just by having a deeper understanding of the biomechanics of each exercise and/or Asana that you teach them.

Whether you are a Yoga Guru, a Pilates adept or simply a workout enthusiast, this workshop is going to help you understand the biomechanical reasons behind the various modifications we teach to our clients and how YOU can now create your own modifications and exercise progressions.

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
4 Including Master Class	3.5*	3.5*	—

***Only if taken with the “Yogilates” Master Class. Workshop alone is worth 2.5 SAFE and AFAA CEUs**

Yoga & Pilates Fusion: Master-Class By Karim Strougo

The Ultimate Mind & Body workout!

Combine the strength and flexibility of Ashtanga Yoga with the core-strength of Pilates and a zest of Hatha Yoga to experience a journey within the endless possibilities of the realm of the human body and what it can do when it is in sync with the mind and the soul!

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
1.5	1*	1*	—

*** Only if taken with the “Biomechanics of Yoga and Pilates” workshop.
Classes alone do not offer any CEUs.**

YogaFit® PreNatal Workshop: By Tracy Jennings-Hill

Add a new dimension to your career as a group fitness instructor with YogaFit's new Mother and Baby Teacher Training program. Designed exclusively for YogaFit by a board certified obstetrician/gynecologist who has been practicing and recommending yoga to her patients for years, the program features safety for your students and simplicity for you. Classic yoga poses have been selected specifically for use during pregnancy and the postpartum period. These are linked in a gentle "flow" style, according to the YogaFit® "3-Mountain" method. Mother- and- Baby Workshops will give you a streamlined approach to teaching Prenatal and Postpartum YogaFit classes that you can use right away with confidence.

- Every YogaFit Prenatal pose presented in the manual will be safe for your students throughout all trimesters of pregnancy.
- Modifications and props are clearly outlined.
- Confusion over "which student can do what" is eliminated.
- Poses to help relieve the aches and pains of pregnancy, from morning sickness to early labor pains, are included.
- Breathing techniques and pelvic floor exercises that your students will find valuable during labor and delivery are stressed.
- Anatomic changes and emotional issues are discussed.
- YogaFit® Postpartum poses are linked in a specific order designed to follow the natural healing path of a mother's body after delivery.
- Teach new poses and review old favorites as you guide your students through a safe, flowing transition between pregnancy and traditional YogaFit.

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
9 hours	8	8	0.8

Basic Yoga for Expecting Mothers: Master-Class By Tracy Jennings-Hill

This Prenatal Yoga class is a gentle yoga class which incorporates a flowing sequence of classic yoga postures using props such as a chair, block, blankets and bolsters. This class is designed to teach instructors how to cultivate a nurturing practice for expecting mothers and to help prepare the body for child birth.

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
1.5	1*	1*	1*

*** Only if taken with the “YogaFit Pre-Natal Workshop”.
Classes alone do not offer any CEUs.**

Aura Cleansing and Recharging: Master-Class By Mohamed Essa

The **Aura** is the energy field of the life-force and appears to mediums and those with clairvoyant vision as a fibrous light that surrounds living things. This ethereal light emanation also surrounds us and extends from two to three feet in all directions from the body. The colors of the **aura** are different from one person to another.

In this class, the following items will be covered:

How to feel and see pranic Energy
 How to see Prana
 How to see the Aura for objects
 How to see the Aura or Energy surrounding the Human Body
 The Energy Body
 - Inner Aura
 - Energy Channels
 - Energy Center (Chakras)
 Health Rays and Health Aura
 Cleansing Aura

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
45 mins.	N/A	N/A	N/A

Pranic Healing: Course By Mohamed Essa

Pranic healing is an ancient science and art of healing that utilizes prana or ki or life energy to heal the whole physical body. It also involves the manipulation of ki and bioplasmic matter of the patient's body. It has also been called medical qigong (ki kung or ki healing), psychic healing, vitalic healing, therapeutic touch, laying of the hand, magnetic healing, faith healing, and charismatic healing.

Pranic healing is based on two laws: The law of self-recovery and the law of prana or life energy. These laws are quite obvious but strangely they are usually the least noticed or least remembered by most people. It is through these basic laws that rapid or miraculous healing occurs.

1. Law of Self-Recovery: In general, the body is capable of healing itself at a certain rate. If a person has a wound or burn, the body will heal itself and recover within a few days to a week. In other words, even if you do not apply antibiotic on the wound or burn, the body will repair or heal itself. At the present moment, there is no medicine available for the treatment of viral infection. But even if a person has cough or cold due to viral infection, the body will recover generally in one or two weeks without medication.

2. Law of Life Energy: For life to exist, the body must have prana, chi or life energy. The healing process can be accelerated by increasing life energy on the affected part(s) and on the entire body.

What we call miraculous healing is nothing more than increasing the rate of self-recovery of the body. There is nothing supernatural or paranormal about pranic healing. It is simply based on natural laws that most people are not aware of.

Prana can also be projected to another person for healing. Persons with a lot of excess prana tend to make other people around them feel better and livelier. However, those who are depleted tend to unconsciously absorb prana from other people. You may have encountered persons who tend to make you feel tired or drained for no apparent reason at all.

Benefits of Pranic Healing

1. It can help parents bring down the temperature of their children suffering from high fever in just a few hours and heal it in a day or two in most cases.
2. It can relieve headaches, gas pains, toothaches, and muscle pains almost immediately in most cases.
3. Cough and cold can usually be cured in a day or two. Loose bowel movement can be healed in a few hours in most cases.
4. Major illnesses such as eye, liver, kidney, and heart problems can be relieved in a few sessions and healed in a few months in many cases.
5. It increases the rate of healing by three times or more than the normal rate of healing.

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
13 hours over 3 days	7	7	—

Dancers' Sculpt & Stretch: Master-Class By Karim Strougo

Awaken the dancer within!

From his years of dancing and, digging into his extensive experience as a group fitness instructor and personal trainer, Karim brings you this invigorating master-class that will stretch and tone your body like nothing else ever did!

Music-Lovers, brace yourselves...! The music selection for this class will take your breath away 😊

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
1	1*	1*	—

*** Only if taken with the “Biomechanics of Yoga and Pilates” or the “Diagonal Streaming” workshop.
Classes alone do not offer any CEUs.**

Introduction to Ayurvedic Practices: Workshop by Adham Hafez

Ayurveda is the indian alternative practice and philosophy of living that takes our bodies towards a blissful experience, through developing an understanding of the nature of our bodies, and the nature of the elements around us.

In Ayurveda, everything around us affects our bodies, whether it is food, weather or personal life issues. By understanding these elements, one can achieve a healthy and pleasurable life.

In this workshop, Adham will present the attendees with basic explanation of how Ayurveda functions, basic theories about the elements that constitute our bodies and what's around us, introduction to Ayurvedic cooking, and to homemade remedies that can be easily mastered by the attendees.

**Includes handout*

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
4	4	4	—

Ball Fusion Stretch: Master Class By Anna-Louise Sebborn

This is a master class that is suitable for group fitness trainers who already teach classes using the stability ball and are looking for new ideas and inspiration, for personal trainers who want some more ways of utilizing the ball for core and stretch work with their clients and for any fitness enthusiast wanting to focus on lots of core strengthening, balance and deep stretching.

The use of the stability ball is integrated into yoga poses, basic Pilates moves, traditional dance and aerobic stretches and physiotherapy exercises and blended into a flowing class that will make you sweat and raise the heart rate!

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
1.5	N/A	N/A	N/A

Yoga Dance : Master-Class By Karim Strougo

This invigorating master-class offers you a continuous flow of Yoga Asanas, choreographed in a fluid, rhythmic sequence and combined with contemporary dance moves.

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 !

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
1.5	1*	1*	—

*** Only if taken with the “Biomechanics of Pilates and Yoga” workshop.
Classes alone do not offer any CEUs.**

Stomach-Breathing Meditation: Master-Class By Mohamed Essa

Abdominal breathing is to help Center the mind and calm the emotions. In Traditional Chinese Medicine all emotions are processed through the Intestines. If they gurgle it's a good sign, something is moving. This is a great exercise to practice when you are stressed.

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
30 mins.	N/A	N/A	N/A

Inner Rhythms: Physical Workshop By Adham Hafez

In this workshop, the notion of what dance could be is explored deeply through physical workouts, discussions, improvisations, and mini-studio-performances created on the spot.

Deep physical workout will comprise part of this workshop too, working with deep muscles and working on releasing tension. The use of breath will be a crucial element, as well as the use of voice and its relationship to our body movements.

The workshop aims at taking the participants on a journey through their bodies, listening to inner rhythms, discovering personal movement patterns, learning how to follow and trace inner movement in the body until a dance is born.

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
4	3	3	—

Therapeutic Yoga for Low-Back Problems: Workshop By Karim Strougo

One of the most fundamental beliefs in Yoga is that the human body is capable of healing itself !

This comprehensive workshop will help you to incorporate science into your yoga practice 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 therapeutic Yoga workshop to give you well-tested techniques to relieve most low-back ailments; connecting the mind to the body and unleashing the tremendous healing power of Yoga from within.

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
5	4.5*	4.5*	—

***Only if taken with the “Ashtanga Yoga for a Healthier Back” Master Class.
Workshop alone is worth 4 SAFE and AFAA CEUs**

Ashtanga Yoga for a Healthier Back: Master-Class By Karim Strougo

Discover the ancient therapeutic power of Yoga through a flowing series of Asanas designed to restore the back to its original form and free it from any tension.

In this class, Karim combines scientifically-tested therapeutic methods with the amazing healing power of Yoga!

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
1.5	1*	1*	—

*** Only if taken with the “Therapeutic Yoga for Low Back Problems” workshop.
Classes alone do not offer any CEUs.**