DCAC FITNESS CONVENTIONS – RESTON 2018

MICRO BAR – BODY BAR'S NEWEST PRODUCT – *will be presented in these great sessions!*

213-YOGA STRONG FOR SENIORS – with Lauren Eirk



In this session, join Certified Yoga Teacher, Yoga Therapist Lauren Eirk, MS. to learn how to create a therapeutic Yoga practice, showcasing the MICRO BAR from Body Bar, for your deconditioned and aging students. With age, neuromuscular issues such as joint instability, chronic pain, numbness, loss of balance and muscular atrophy can start to develop. During the "Yoga Strong Seniors" workshop, see how the design, comfort, and versatility the MICRO BAR is the perfect yoga prop to create bone-loading, strength-building improvements to the hip, core, lower leg, and upper extremities. See variations and modifications for various fitness levels, even for those who prefer to work from the chair. With improved strength and stability in the joints, improved mobility, stamina, and posture will result.

Lauren is also teaching **233-KILLER CORE**, **254-TOP 10 MOST EFFECTIVE YOGA-PILATES EXERCISES**, and **293-CUEING & CORRECTIVE EXERCISE FOR THE HIP**



273-CHOREOGRAPHY OVERLOAD – with Tricia Murphy-Madden

Like any other format, our minds and bodies need new choreography when it comes to Barre. New sequences and new ways for creating change in the body sometimes comes in the form of equipment. By incorporating the Body Bar's MICRO BAR, your Barre room will feel fresh, sexy, and on-trend. Adding upper body training during your intense leg work will leave your clients begging for more. This session will be your choreography overload and will send you back to your classes with enough unique movement patterns to last you months.

314-BARRE MOVES – UPDATE YOUR CHOREOGRAPHY – also with Tricia

Refreshing your barre choreography doesn't have to be a chore. While you want to stay true to the purpose of barre, it doesn't mean you can't have fun with new ideas. Learn how to manipulate movement elements and incorporate the new MICRO BAR by Body Bar to create fresh sequences that will inspire and energize your students' class experience.

NOTE: Tricia will also be using MICRO BAR in her **705-Barre Above® Powered by Savvier Fitness** POST-CON on Sunday!! And she is teaching **243-PRANA BARRE.**

AND ALL CLASS BARS WILL BE ON SALE…come see Tricia!

August 2-5, 2018
Hyatt Regency Reston
Reston, Virginia

www.dcacfitness.com/