



# InFocus Wellness Winter Trainings

## Holiday Fitness Training: *Lose Weight Now..... w/ Master Zi*

Is your body holding onto unnecessary weight?  
Are you tired of yo-yoing in and out of shape?

**Cultivate a consistent workout regime.....**

This program will empower students to maintain their ideal weight & tone muscle.

**Build YOUR proficiency in the following:**

- ◆ Resistance Training
- ◆ Animal Drills (Build Coordination)
- ◆ Plyometrics (Building Fast Twitch Muscles)
- ◆ Circuit Training (Core Specific)
- ◆ Yoga Drills (Lengthen your Muscles)
- ◆ Weight Lifting
- ◆ Restorative Work

*Date: Dec. 20- Jan. 26, 2012*

*Time: Tues., Wed., Thurs. (6:00-7:30am)*

## Drona's Dilemma Workshop: *Train the form of the ancient warrior w/ Nisha Devi*

How does yogic philosophy apply to us daily?  
Can you translate your heroes into life?

**Find your authentic self through narrative....**

This program will change your perception of your limitations into untapped potential.

**Build YOUR proficiency in the following:**

- ◆ The secret of Yang.
- ◆ Form movements 1-25.
- ◆ Shifting energies of eagle/snake/monkey.
- ◆ The stories of Drona's struggle.
- ◆ Unleashing the power of open hips

*Date: Dec. 22-Jan. 26, 2012 (excluding 25, 1)*

*Time: Thurs. (6:00-7:30pm)*

**Don't Miss  
KICK-ASS  
Holiday  
Training  
SPECIALS!**

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**4  
TRAININGS  
ONLY:  
\$395**

**Pay  
by  
Dec. 12**

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**EARLY BIRD  
SPECIAL:  
\$350**

**Paid  
by  
Dec. 10**

Space is Lmted  
SIGN UP NOW!



## Hanuman Staff Training: *Learn all 40 movements..... w/ Nisha Devi*

Trying to learn how to wield the bo-staff?  
**Struggle w/ balance of upper & lower body?**

**Uncoil YOUR power through this form.....**

This program will teach you to project your chi through your weapon.

**Build YOUR proficiency in the following:**

- ◆ Fighting with your Bo-Staff.
- ◆ Form movements 1-40.
- ◆ Build A Deeper Chair Pose.
- ◆ Shifting energy from snake to monkey.
- ◆ 18 Standard Warm-up Drills

*Date: Dec. 18-Jan. 26, 2012 (excluding 25, 1)*

*Time: Sun. (4:00-5:30pm)*

## Crescent Vayu Sword Training: *Project your essence through the sword w/ Master Zi*

Can a sword really extend your chi body?  
Have you always wanted to use a sword?

**Lengthen and free your Spine.....**

This program will teach you to relieve stagnation through your meridian system .

**Build YOUR proficiency in the following:**

- ◆ Fighting with your Sword.
- ◆ Form movements 1-36.
- ◆ Understanding military formations.
- ◆ Connecting your spirit to physical movement.
- ◆ The power of Yin energy.

*Date: Dec. 21-Jan 25, 2012 (excluding 25, 1)*

*Time: Wed. (7:30-8:30pm)*