



KETTLEBELLS FOR YOGIS WITH MIKE WELCH

Kettlebell training provides the perfect complement to your daily yoga asana practice! This workshop will teach you basic techniques for safe and effective use of a kettlebell, focusing on strength and power practices that will challenge you, propel you to new ground in your yoga practice, and help balance your movement lifestyle. Mike will teach you to explosively fire your glutes, protect your back when you lift, and unleash your power center with carefully crafted exercises that parallel asanas and challenge your stability and proprioception.

Mike Welch has a degree in Exercise and Movement Science and is a certified AcroFit Instructor. He's been a personal trainer and operating as Better, Stronger, Faster Fitness in Eugene since 2012. Mike enjoys a variety of movement and strength practices including kettlebell training, AcroYoga, powerlifting, trail running and hiking. Mike trains and coaches with a focus on hardstyle kettlebell training, partner acrobatics, powerlifting, healthy body composition changes, bodybuilding for performance and aesthetic, and exercise for wellness and clarity.

Saturday, April 20th 1-3pm \$20 early bird, \$25 at the door

