



## Personal Yoga Teacher Training

Vivian delivers one to one Yoga Teacher Training or small groups up to 5 people at Kentish Town Leisure Centre. Theoretical part is combined with regular Yoga classes. The course takes around 4 months depending on your class attendance and you receive online modules including Anatomy and Physiology, Anti-degenerative diseases Nutrition principles and suggestions to boost your mood and performance, Mudra, Puja, Kryia, Mantra, Pranayama, Asanas, Yoganidra, Samyama, Yoga Philosophy (overview and school specific), Health and Safety in the Leisure Industry guidance, Neuroepigenetic yoga principles with Applied Positive Psychology.

Vivian is founder of the *Neuroepigenetic yoga* style backed up by Neuroepigenetic Principles and Applied Positive Psychology research. *Vivian Callegaro Yoga Academy* is a school accredited with [independentyoganetwork.org](http://independentyoganetwork.org) (IYN) since 2014.

**Investment: £1200 (monthly instalments from £200/6moths)**

Call **07515129954** to speak to Vivian or email [vivyogafit@gmail.com](mailto:vivyogafit@gmail.com) to arrange a free consultation.

## Total Fitness Personal Training

Vivian works in a multi-dimensional level of fitness embedding emotional, mental, physical, nutritional and spiritual aspects. She can provide a range of **body-mind-soul** techniques in her personal training sessions to keep the best expression of your being in this dimension, as follows:

### Body boost techniques

### *Muscle & cardio fitness*

Sessions adapted to your preferences which can involve muscular strength, endurance, muscle tone, self-confidence, power, core training, motivation.

### *Yoga*

Regular Yoga session & advanced yoga postures session. The postures increase strength, flexibility and muscle tone.

### **Biochemistry smart diet regulation**

#### *Best-that-you-can-be Nutrition guidance*

Vivian will instruct you with advanced nutrition and bioavailability principles which will allow you to select what is best for you to have in your daily life in order to increase your mind and body performance, life quality and prevent degenerative diseases.

### **Mindset to the best that you can be**

#### *Positive Psychology Coaching*

Trendy in the corporate market, enables you to find your own solutions in the shortest possible time. Based on eliciting preferred future, strengths and skills for achieving them and building on what you are already doing that is working. Increases performance, wellbeing and creativity.

### **Soul, brain and heart alignment**

#### *Vibroacoustic Massage with Meditation*

Great for pain reduction, tensions relief, decreases anxiety and stress hormone levels. Utilized by Tibetan Monks & Shamans to achieve higher states of consciousness and spirituality referred in Positive Psychology as Awareness + (spirituality and alternated states of consciousness). Combined with Meditation that supersedes higher powers.

**Investment: £40 one off/ £35 5x pack (1 session per week)/ 2x free sessions on a 10x pack (2 sessions per week)**

Contact 07515129954 to book your **FREE** consultation!