



January 2020

All times are AST/Atlantic Standard Time

AST is one hour AHEAD of EST in USA

To be sure, use Google/Siri/Alexa what this means for YOUR time zone

Jan 17 7:30-1430

7:30-8	stayVention team	Tech Support Test	<i>housekeeping and announcements for stayVention 1 and Day 1</i>
8:00-9:00	Lawrence	3 Planar Warmups	<i>how to involve spinal warm-up for any time of class experience</i>
9:00-10:00	<b>Yury</b>	Core to Sore	<i>new approaches for core integration to total body training</i>
10:00-1200	Betty	Intensity for Active Agers	<i>Betty discusses how she keeps her classes difficult for the 50+ crowd</i>
12:00-12:15	BREAK	BREAK	
12:15-1330	Lawrence	Total Body Makeover	<i>no equipment, no problem with a unique counting system from stability to mobility and back</i>
1330-1430	<b>Yury</b>	Recovery through Meditation	<i>Western mindfulness integrated with traditional Eastern philosophies</i>

Jan 18 8-1030

8:00-8:30	Lawrence	chat q&a	<i>housekeeping and announcements for Day 2</i>
8:30-9:30	<b>Yury</b>	I Wish I Knew Before	<i>an exploration of non-traditional wellness strategies and core integration to and for longevity</i>
9:30-10:15	Lawrence	Are You Twisted?	<i>exploring our transverse plane with our 10 bodyweight positions and mobility endurance training</i>
10:15	After-Party	Summary!	<i>thrilling conclusion to our stayVention FG2000 anniversary year Kick-off</i>