

WITH INTENTION// BE BRAVE WITH YOUR LIFE // SWEAT

**B**

# MASTERFUL + INTENTIONAL

## DEEP CERTIFICATION

DEEP is our restorative movement sequence that utilizes the Spiral Structure Technique® to connect mind to muscle and catalyze vibrational change on a cellular level. The sequence is broken into 6 structure sets that utilize proprioceptive neuromuscular facilitation (PRF) to repair muscle damage + help restore connection to areas of the body blocked by emotional trauma. DEEP classes are low-impact and focus on micro-movements blended with physical touch to connect the brain to innervated muscle and restructure the deep core. The class structure includes self-massage and pressure point activation to release muscles during deep restorative asanas. Class duration ranges 75-90 minutes + 7-minute meditation.

---

**\$725 USD INVESTMENT**  
**REGISTER TODAY @ [bit.ly/deepcert](https://bit.ly/deepcert)**