

BLU MATTER PROJECT

HEAL
provides a
framework of

HEAL

understanding
and empathy to create
communities and

TRAINING

connections
conducive to
healing.

INCREASE

YOUR IMPACT

BluMatter's HEAL Training is a two day experience equipping attendees with the knowledge and application to positively impact mental health in their work and community.

Who should attend?

Yoga instructors, personal trainers, coaches, crossfitters, physical therapists, anyone who wants to be an active supporter of their community.

When: Sat, 13-Apr-2019 Meeting 9:00AM- 5:00PM | Sun,14-Apr-2019 Meeting 9:00AM- 5:00PM

Where: The Westin harbour castle - Toronto

Pricing: HEAL Training - \$295 | Add Trauma Sensitive Yoga Training for \$800 (regular \$990 when completed seperately)

BluMatter's HEAL training includes:

- Mental Health education, understanding, and empathy to create and empower change individually and communally.
- Tools for growth- emotionally, physiologically, personally, communally.
- Practical Methodology - Application to self, studio, setting, style.

--For questions and inquiries about this training please contact events@blumatterproject.com--

