



Foundation Course, Mat

This course explores the foundational principles that make up the method and how to apply them to mat based movement programs. Assorted props are incorporated to support the body and create a focal point to direct our breath.

Upon receipt of your certificate after completing either ZEN•GA Foundation Course you are entitled to identify yourself as a ZEN•GA® Qualified Instructor.

Foundation Course, Equipment

This course explores the foundational principles that make up the method and how to apply them to equipment based movement programs. Utilizing the unique quality of spring resistance, creating a more fluid, resilient body.

Workshops

Comprising both Mat and equipment-based material, ZEN•GA continuing education workshops draw attention to particular areas of the focus including breath, fascial lines and fluidity, to provide an increased depth of knowledge.