

BENEFITS

OF ALIXA FLEXIBILITY



FOR STUDENTS:

- ➔ INCREASES FLEXIBILITY
- ➔ BUILDS STRENGTH
- ➔ ENCOURAGES SAFE PROGRESSION
- ➔ HELPS PREVENT INJURIES
- ➔ IMPROVES ALIGNMENT
- ➔ DEVELOPS BODY AWARENESS
- ➔ CREATES LONGEVITY IN TRAINING

CERTIFIED TEACHERS ARE:

- ➔ EDUCATED IN SAFE FLEXIBILITY METHODS
- ➔ ABLE TO ARM THEIR STUDENTS WITH BODY AWARENESS & EDUCATION - SO THEY CAN PROTECT THEIR BODIES AND BETTER AVOID INJURIES
- ➔ KNOWLEDGABLE HOW TO ADVANCE STUDENTS WITH DIFFERENT DIFFERENT BODY TYPES, AGES, AND ABILITIES
- ➔ EDUCATED IN THE OPTIMAL SYLLABUS FOR DEVELOPING FLEXIBILITY & STRENGTH, WHILE FOCUSING ON BODY ALIGNMENT & DEVELOPMENTAL PROGRESSIONS

