



stayVention

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Mission: Mission: to provide online, premium fitness & wellness continuing education on a convenient platform as accessible as Facebook a convenient stay-cation.

When: All published times are EST/Eastern Standard Time. To be sure, use Google/Siri/Alexa what this means for YOUR time zone

Where: on a secret group on Facebook LIVE to which you are added once you purchase your attendance of the first day or both days. If you are purchasing the second day, you will be added between the first and second day. Handouts will be available on our secret Facebook group as attachments.

April 18 7:30-1630

0730-0800	Lawrence	Welcome Prayer	
0800-0815			
0815-1000	Noel	Staying Socially Relevant in Changing Times	Learn how to serve your clients online, teach a group class effectively, and set yourself up for success as an Online Trainer
1000-1015			
1015-1145	Yury	Rokit Strength	Get Yury's ideas & moves that create a flowing, balanced muscle conditioning experience using barefoot bodyweight. We use a variety of planes, body positions, transitions, progressions & regressions to transform our traditional movement patterns with a mindful component
1145-1200			
1200-1330	Manuel	Dynamic Flexibility Fusion	Using a very dynamic approach, we will explore, review and practice sequences of movement patterns to improve our joint mobility, range of motion, balance and stability including self-myofascial release without the need of any equipment.
1330-1500	Zory	Caribbean JOYful Mix	Fire-up your Active Ager's with energizing movement patterns in a powerfully cultural experience, combining techniques of core conditioning, cardiovascular training, and neuroplasticity drills. Increase their feelings of being successful, energized and happy while experiencing challenging cultural movement. We welcome all (standing) active aging fitness levels, moving with easy-to-follow progressions, regressions, and transitions. A fusion of multi-culturally current Afro-Caribbean electronic beats energizes our interval training
1500-1515			
1515-1630	Lawrence	Say What?	About the Verbal Languages: Do you still say outdated fitness phrases like "let's do the cool-down," "don't forget to breathe," "march it out," "if you can't do that, here's the modification," and "lift those knees, people"? Learn useful, immediate verbal updates for your clients and classes to engage and compel. Drawing from my Master's Degree in Education, I'll let you update your language skills with industry standards to be current
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April 19 0730-1630

0730-0800	Lawrence	Welcome Prayer	
0800-0815			
0815-1000	Noel	Social Media Secrets	Learn how you can increase your impact and influence via social media and bring your services beyond your current four walls.
1000-1015			
1015-1145	Lawrence	Brain Bootcamp	get up and get speaking, thinking and moving as we make new brain cells together in the morning....far before it's time for happy hour!
1145-1200			
1200-1330	Yury	Roll It and Rockit® or Hit the Wall	Fascia is our largest organ, affecting not only the quality of our movement, but also regulating our nervous system's functioning. Explore with Yury some links between our physiology, psychology, all while learning easy practical ways to roll out the rocks in our body-mind connection. Prepare to add research-based mindfulness as we roll, rock, move, mobilize, breathe and hydrate.
1330-1500	Betty	Betty-isms	Bernadette is the most chronologically ACE and AFAA certified presenter in the world, so why not listen to her share some of her wisdom secrets from life that have taken her to here? Her wisdom Betty-isms may not be her conception, but they have become her credos to form every decision and action for her 90 years.
1500-1515			
1515-1630	Lawrence	The Don'ts that We Do	I mentor dozens of instructors and trainers around the world and gives them "Notes." This term comes from acting and dance professions in which directors give suggestions and questions to their stars about ways to make their performance even more compelling. I will share in this session some of my most frequent "notes" so you can learn from the 'don'ts' of others and transform your career by little tweaks and tricks.

###Continued###

stayVention Faculty:

Lawrence Biscontini, MA

Lawrence is a #bucketofcrazy. He has won a few fitness awards.

Noel Chelliah, Malaysia

Noel first founded DailyMuscle in 2005 because he wanted to help people fall in love with fitness again.

Noel's approach to fitness is simple – he believes that fitness should always be an invitation, and never intimidation, and he founded DailyMuscle based on this.

As a fitness leader in Asia and an ACE-certified Health Coach, Personal Trainer, and Group Exercise Specialist, Noel's programs have been featured in International Conventions, Malaysian TV, Radio (MIX & BFM 89,9), SHAPE Magazine, Men's Health and on a weekly TV Fitness show on ASTRO Vbuzz.

In 2012, Noel Chelliah won the Asia Fitness Convention 'Fitness Idol' competition, recognizing him as among Asia's elite coaches. Noel is also Malaysia's first Precision Nutrition (PN) Level 1 Certified Coach and the only Malaysian to possess a TT (Turbulence Training) Certification, and is a proud member of FG2000 faculty.

Manuel Velázquez from Puerto Rico, streaming from Mexico

Manuel is an international health and wellness continuing education provider and presenter on fitness educational conferences around the world. His versatility and multifaceted approach leading land-strength and land-dance, aquatic and mind/body training programs have won him recognition as a Presenter of the Year and All-Around International Presenter of the Year presenting at fitness conferences worldwide for almost three decades. He is a proud Faculty Member for SCW Fitness Education and Creator Designer & National Trainer for their WATERinMOTION® Platinum Instructor program for the "Active Agers". Manuel is a continuing education faculty member for SCW, ACE, AFAA, ACSM, AEA, and stars in over 70 Fitness Instructor Training Videos, including AFAA's online yoga certification program "Sunrise Yoga". Former Lead Instructor at Puerto Rico's exclusive Golden Door Spa now is a head instructor at Rancho La Puerta Wellness Resort & Spa.

Bernadette O'Brien, MA, New Jersey

Bernadette O'Brien is both certified by, and a provider for, SCW, ACE, and AFAA. Teaching land and aqua fitness classes for all populations, Bernadette has acquired the nickname "Super Betty" from Atlanta to Asia, for her unmatched dynamism from bands to BOSU. Bernadette won the Centrum Vitamin contest for "The Most Energized, Amazing Woman in America," winning over applicants in the ages of 50s, 60, and 70s. At 86, Bernadette not only teaches, but she inspires, doing her charity & philanthropic work with FG2000, sporting a belt in Karate to boot. On a personal level, Bernadette is proud to have reversed the results of type-2 diabetes and years of smoking and weight gain serving as a principal of schools in New York City for decades, where she developed and directed the internationally-acclaimed program "Learning to Read through the Arts," recognized by both the NYC Board of Education and the US Federal Government Department of Education. She is the founder of the Facebook group, Aqua Stars America, and is a BOSU Development Partner. Her specialty is helping the world rethink what "teaching seniors" really means today. Certifications: ACE, AFAA, SCW, and a proud member of FG2000 faculty. Contact Bernadette at superbetty@optimum.net.

Yury Rockit, living in NYC and from Belarus, streaming from Puerto Rico

I have lived, studied and worked on 3 continents (Europe, Asia and Northern America) in several mindful capacities as studio owner, teacher, trainer, coach, and speaker. It has been an exciting journey — adapting, exploring and learning different cultures and speaking different languages. Uniquely born in a country that soon thereafter ceased to exist (USSR), I have observed enormous amount of differences in people around the world. Nevertheless, I've noticed one common thread that unities us all: our ability to move towards our Aliveness despite life's apparent obstacles and lessons. I am certified by, and a provider for, ACE, AFAA, SCW, ACSM, and others, and a proud member of FG2000 faculty.

Zoraida "Zory" Sepúlveda, Puerto Rico

Holistic Health Coach, Fitness Idol Award Winner, Presenter and Mindful Movement Specialist. Founder of ZS-Wellness and creator of WEPA Fitness. Former AFAA Examiner for GFI certification in Puerto Rico. She possesses multiple certifications with over twenty years of experience in the fitness industry. Has designed fitness programs for state government and several corporations in Puerto Rico. Contributor for fitness and wellness pro-conventions, magazines and TV/Radio shows, and a proud member of FG2000 faculty.