

FREE2BE

WORKSHOPS

ARE YOU A 'FRESH STYLE' TEACHER?

Fresh style is a new and innovative teaching methodology powered by the **FREE2BE** philosophy.

WHAT IS FREE2BE?

FREE2BE is a one-stop workshop designed for current and potential freestyle instructors. Created and powered by Marcus Irwin and Zosha Piotrowski, this training package offers a systemised approach to freestyle classes effectively utilising movement modes incorporated in:

FUSION (Dance) • **RISE** (Step) • **MOVE** (Aerobic) • **BODYART** (Total Conditioning).

FREE2BE - SYSTEMISED CHOREOGRAPHY RE-EDUCATION WORKSHOP

This 3-hour training and education workshop includes an extensive introduction to the **FREE2BE** philosophy. Take home new concepts and choreography, gain valuable training tools and be prepared to be totally inspired!

ARE YOU READY TO BE POWERED BY FREE2BE?

Cost of workshop **\$49.00** CEC Registered
Registration includes free **FUSION CD** & **NIKE T Shirt**

You too can be powered by

**FREE
2BE**



WE ARE COMING TO YOU!

Australian Tour September / October 2004 Perth, Adelaide, Melbourne, Brisbane, Sydney

For workshop locations, dates, registration forms & more about **FREE2BE** visit www.marcusirwin.com/free2be or call Michelle or Richard at Elixr or email elixr@bigpond.net.au



elixr
EDUCATION