

# Primal Pattern Movements

Workshops with Jonathan Steen, Personal Trainer

mon	tues	wed	thurs	fri
feb 1	2 5:30pm squat	3 7:30am squat	4	5 12:00pm squat
8	9 5:30pm bend & lift	10 7:30am bend & lift	11	12 12:00pm bend & lift
15	16 5:30pm pull	17 7:30am pull	18	19 12:00pm pull
22	23 5:30pm push	24 7:30am push	25	26 12:00pm push
mar 1	2 5:30pm twist	3 7:30am twist	4	5 12:00pm twist

Choose any time and topic then R.S.V.P. @ the front desk.



Jonathan Steen, Personal Trainer

Learn the movement patterns that our primitive ancestors would have needed to be able to perform automatically and effortlessly in order to survive!

In these workshops you will learn how to squat, bend & lift, pull, push and twist to **make your workouts more effective.**

Space is limited to 4 participants. Private sessions are also available.  
If you have questions please leave a message for Jonathan at the front desk.

Members: complimentary!    Guests: \$20

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