



# stayVention

findLawrence.com

**Mission:** Mission: to provide online, premium fitness & wellness continuing education on a convenient platform as 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.

**June 27 7:30-1630**

1800-1805	Lawrence	Welcome Prayer	
1810-1830	Reginald	Standing Core Off the Floor	Join Reginald for some standing creative ways to fire our core without having to use equipment or go to the floor; his innovative ideas will inspire you to get clients and classes of all ages up and moving – even on a Saturday night stayVention!
1830-1915	Lawrence	Spill the Beans	Secrets of the Professional Fitness World Revealed: Lawrence will speak candidly on the 4 ways to get into a fitness convention, how to make money while you sleep, what it is REALLY like as a convention personal and virtual presenter, what the future world of conventions will look and feel like, and what #fitnessworks inspired.
1915-1920	--	~	~
1920-2005	Yury	Rockit	Linear and NonLinear Movement as Movement Mediation: Yury will define and explain this concept with practical examples with its impact for our nervous system and brain health during at time when we need to amp up our own self-care and wellness integrity towards aliveness.
2005-2010	~	~	~
2010-2055	Kia	Inclusion for Fitness	Learn with Kia Williams practical tips for staying as diverse-friendly and inclusive as possible for many unconsidered aspects of group fitness and personal training. You will take-away practical ideas from an industry expert to make sure so many aspects of your fitness facility are as inclusive as possible.
2055-2100	- -	~	~
2100-2145	Angela	Epigenetics 101	Epigenetics 101: We are all the unique expression of our genes which are heavily influenced by our lifestyle and environments. Generic programs and approaches aren't enough anymore when considering working with clients as dimensional, whole persons. The future in Personalised Health with leading Epigenetic Health Technology is here, so learn some take-aways for your classes and clients.
2145-2200	Lawrence		Closing Ceremony
			###Continued###

## Your FG2000 Faculty

**Lawrence Biscontini, MA:** has made fitness history as a Mindful Movement Specialist winning awards from ACE, IDEA & Inner IDEA, Can Fit Pro, and ECA. Lawrence is an SCW Faculty Member, and industry Author, Presenter, Keynoter, and Course Development Specialist for various companies, serving on the Advisory Board for the ICAA and Power Music®, and People of iSPA. Lawrence (RYT 500) teaches with multiple certification experience. Find Lawrence at [www.findlawrence.com](http://www.findlawrence.com).

**Angela Lee Jenkins:** is a world leader in epigenetics training and founder of #willtoLiv movement. As a Mum, Entrepreneur, Speaker and Podcast Host, she has a passion and commitment for us to discover our reason for being, unleash that genius and share those destined gifts with the world. Angela has established a team of Advanced Health Coaches and Health Practitioners in Australia, NZ, and Asia and presents sessions internationally.

**Reginald Kinchen:** Reg has been working as a fitness professional of faith for decades, and has supported apparel companies, fitness companies like Jungshin®, outdoor training equipment, and more. His DVD “Total Body Sculpt” has been a hit in our fitness industry for some time. In addition, Reg has outdoor and indoor clients, more recorded releases, and inspiring social media support.

**Yury Rokit:** has 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), Yury has observed enormous amount of differences in people around the world. Nevertheless, he’s noticed one common thread that unities us all: our ability to move towards our Aliveness despite life’s apparent obstacles and lessons. Yury is certified by, and a provider for, ACE, AFAA, SCW, ACSM, and others, and a proud member of FG2000 faculty for over a decade.

**Kia Williams:** works as an internationally sought-after presenter and speaker. Her affiliations include all of the following: Barre Above Master Trainer, Yoga Alliance 200hr RYT, AFAA Group Exercise, NASM/AFAA Personal Training, Schwinn Indoor Cycling, Pilates, Turbokick, PiYo, Zumba, Cardio, Sculpt, Boot Camp, and Strength Training.

###more###

# #stayVention



*the fitness convention you attend when you STAY at home  
brought to you by*



Yury, Kia, Angela, Reginald, Lawrence