



SHANNA ATKINSON

Movement through the connection of mind and body has always been the way that I have chosen to express my personality. I've explored a variety of sports from snowboarding, cycling, to sailing. Fitness has always been a part of my life and something I strive to be a part of which has lead me into the last five years of group fitness and personal training. Throughout this journey I have been lucky enough to work with great mentors that have helped me pick apart human movement and gain the knowledge I have today.

Quote

"Move well, then move often." -Grey Cook

What can you offer?

Through the means of face to face coaching I seek to help people from their unique entry point to far beyond their potential.

My training is primarily focused towards correct and consistent body movement using a number of various of tools to give my clients the confidence they may be lacking in themselves, whatever their goals may be.

What's your philosophy?

Vanity is nice, longevity is better

Qualifications

- Cert III Fitness
- Cert IV Fitness
- Les Mills Grit Series
- Punch Fit Boxing - Level 1
- Functional training Institute - Functional Mobility
- Functional Training Institute-Preparation and Recovery
- Functional Patterns - Postural Dysfunctions