

## LIVING WELL @ WESTERN

### INSTRUCTOR SPOTLIGHT!

**Ariana Crispin-Frei (ChoreograFIT/Full Body Blast)**



We are pleased to introduce the newest member of our Living Well team - Ariana!

She studies philosophy and psychology here at Western. She has been active her whole life, and has fuelled her passion for movement through ski racing & instructing, acrobatics, yoga, competitive dance, and group fitness. She understands how incredible the rush of endorphins feels, and is excited about guiding you toward living a healthier life and experiencing the vitality you deserve.

*Come 'work it' with your friends at ChoreograFit & Full Body Blast  
and feel that energy and confidence boost you crave!*

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### Heidi Liao (Zumba)



I'm Yinyin (Heidi) Liao and Zumba is my passion! I love creating fun and sassy choreography that incorporates all the Zumba dance styles, sometimes with a bit of Hip-hop accent. Come to my class -  
*I guarantee you will have tons of fun, enjoy awesome music, and get a great full-body workout!*

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### Angelica Lucaci (Zumba)

Angelica has been a licensed Zumba instructor since 2011. In addition to being an instructor for Living Well, she continues to teach classes at the YMCA.

She has worked in the Geography department at Western since 2005. She is passionate about healthy living and *strongly encourages the Western community to try the programs that Living Well has to offer.*



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### Jan Hill (Yoga)



Jan brings significant fitness, wellness and health promotion/education experience to the South Western Ontario community. Jan is a Can-Fit-Pro Fitness Instructor Specialist, and holds numerous certifications in various fitness disciplines. She has an extensive proven track record of accomplishments in exercise program development, delivery, and coaching and relationship management for a variety of populations including pregnancy, seniors, children and participants who have chronic diseases. Jan has a passion for Yoga as well as Pilates.

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### **Tanaz Javan (Meditation)**



Tanaz has been a serious meditation practitioner for the last four years. She regularly attends meditations retests at Tisarana Buddhist Monastery in Perth. She started running meditation class last January at Western, [Tanaz's MSc thesis in Neuroscience](#) investigated the EEG correlates of mindfulness meditation (MM) and neurofeedback (NFB) therapy on self-referential processing, during which she taught meditation to over 100 participants. Tanaz is also a skilled painter and the author of the cover art for *Healing the Traumatized Self*. She is currently a doctoral student in Health Information Science at Western University. Her dissertation will focus on the development of healthcare interventions for individuals experiencing violence and trauma.

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### **Adam Craig (Kick-Start to Active Living; Wellness Coordinator)**



Adam is a former mathematics and physical education teacher, having taught in Northern Ontario, Southern Alberta, and PEI. In the past, he has coached semi-professional soccer and was the lead instructor for a Hockey Canada Skills Academy.

He encourages everyone to take frequent movement breaks throughout the day. If you are new to fitness or lack the confidence to participate in some of our other fitness classes, join the *Kick-Start to Active Living* class where we will go over basic movements, flexibility, balance and strength exercises.

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