

Certificate of Participation

Jenni Heikkinen

CoreAlign® Instructor Training 1 – 2-3.1.2026

CoreAlign 1: Foundations

Introductory and Intermediate CoreAlign exercises 16 Hours

- 60+ foundation exercises designed to build functional movement skills applicable to daily life and athletic pursuits.
- Exercises in standing, plank, all fours and supine positions.
- Specific exercise tracks to focus on Trunk Integration, Upper Body Strength and Balance, Lower Body Strength and Power, Gait and Dynamic Flexibility.
- Progressions and regressions to address clients at different levels of ability.
- Specific modifications and precautions for working with clients with injuries and special populations.
- Movement Principles to make your training more efficient, effective and safe.
- CoreAlign equipment set up, maintenance and safety.

Master Trainer: Kelly McKinnon



Helsinki 3.1.2026

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Jarmo Ahonen

Director of Education, Somatic Center Oy

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CoreAlign® Instructor Training 2 – 4-5.1.2026

CoreAlign 2: Progressions

Intermediate / Advanced Exercises 16 Hours

- How to improve functional movement patterns for clients at any level of ability from rehab patients to professional athletes.
- Progressions of plank and standing exercises to address a range of training goals from core stabilization to creating integrated rotation for throwing sports.
- Training options using rotator discs, variable directions of resistance and moments of suspension.
- Exercises to challenge balance, coordination and complex movement patterns to prepare clients for everyday activities.

Master Trainer: Kelly McKinnon



Helsinki 5.1.2026

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Jarmo Ahonen

Director of Education, Somatic Center Oy