

LIVING WELL @ WESTERN

Ariana Crispin-Frei (Full Body Blast)



Ariana studies philosophy and psychology here at Western. She has been active her whole life, and has fueled 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.

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!

Follow Heidi on Instagram: [Zin_yinyin.liao](#)

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.*



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.

Tanaz Javan (Meditation)



Tanaz has been a serious meditation practitioner for the last four years. She regularly attends meditations retreats 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.
