

Special SummerClass to Bodybow Instructors Level 1+

Monday 20.7.2015

Klo 13.00 Opening and little view to Bodybow history TR, AK
Klo 13.30 Basic movements and how to use Bodybow in versatile way AK
Klo 14.15 Core movements 1 AK
Klo 15.00 Snack break
Klo 15.30 Core movement 2 AK
Klo 16.15 Balance and spin on to the arc TR
Klo 17.15 Dinner
Klo 18.30 Having a standard class in different ages TR
Klo 20.00 Sauna and swimming
Get together to bunfire and discuss of days schooling

Tuesday 21.7.2015

Klo 07.00 MorningStrech on a beach
Klo 07.45 Breakfast
Klo 09.15 Bodybow side and twist movements AK
Klo 10.30 Discusson and questions
Klo 11.00 Lunch
Klo 12.00 Essential mechanics of functional movement. HL
Klo 13.30 Bodybow Pilates ja Flow SL
Klo 15.15 Closing seremony and how to build up your Movementbank
Klo 16.00 Lets jump to BodybowWorld together - Next step to schooling.

Teachers:

OMTPhysiotherapist **Arto Kojo (AK)**, OMTPhysiotherapist **Harri Laine (HL)**, **Sari Laine (SL)**, physiotherapist and PilatesTeacher, **Tuire Rinta (TR)**
SportsProfessional

Fee: 300€ (Accomodation in condo, Full board, education and scoolingfolder)

Invest in Yourself

Registration and questions: tuire@bodybow.fi

www.bodybow.fi

www.piispala.fi

Tee sijoitus itseesi!

www.bodybow.fi