

Zertifikat

Basic Stretching Instructor Teacher Training

Aveli Ladua

*Participated successfully at the Basic Stretching Trainer /
Instructor with Deelia Jogi and passed the Exam in
theory and practice.*

*Content of this course:
Warm Up in theory and practice.*

Basics / Anatomy in theory and practice.

Training technique in theory and practice.

Introduction to stretching

Cool down in theory and practice

Teaching didactics

10.08.22, Mondsee

Datum, Ort

Vertical Kay

Dance to your own rhythm



Ausbildungsleitung