

ComplexCore⁺

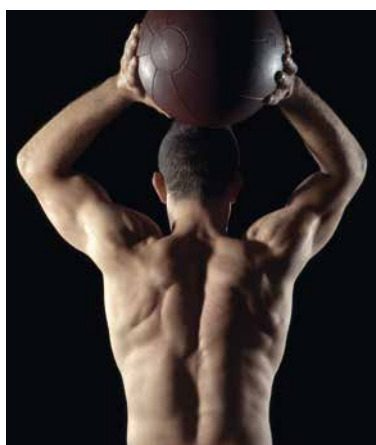
STABILISATION BY ACTIVITY

ComplexCore⁺ WORKSHOP IN LAUSANNE

„LEVEL 1“

DEAR COLLEAGUES,

we would like to inform you about our next **ComplexCore⁺ „LEVEL 1“ education** on 29th of September 2018 in Lausanne. The seminar contains level 1 of the three-step ComplexCore⁺ education.



COMPLEXCORE⁺ CONCEPT

ComplexCore⁺ helps you plan training and therapy sessions by assisting you in viewing and selecting exercises. In addition, ComplexCore⁺ offers theoretical and practical content. The theoretical section contains basic information on functional anatomy, detailed content about training examples and sport science principles such as screening and motor skills testing. The practical section provides an insight to a system with more than 3000 various exercises.



WORKSHOP FACTS

SPEAKER:

Roman Jahoda
Xavier Dallemagne
ComplexCore⁺ Education Team

WHEN:

29th of September 2018
09.00 a.m. – 04.00 p.m.

WHERE:

Judo-Kwai Lausanne Avenue du
Tribunal-Fédéral 4, 1005 Lausanne

COSTS:

CHF 180,00, Students CHF 80,00



WORKSHOP CONTENT „LEVEL 1“ CORE

THEORY:

- ✚ functional anatomy
- ✚ muscle systems
- ✚ ComplexCore⁺ software

THEORY AND PRACTICE:

- ✚ core mobilisation
- ✚ core stabilisation
- ✚ practical exercises
- ✚ training examples

REGISTRATION

by e-mail: info@kenzencentre.ch

notice: limited attendance!

enrollment till: **14th of September 2018**

QUESTIONS

Xavier Dallemagne, info@kenzencentre.ch

See you soon!

Your ComplexCore⁺ Team

Roman Jahoda

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