

Bones For Life® Training III Taipei JULY 26-AUGUST 3, 2014  
2014 BFL 專業師資訓練課程 III 台北 7/26 六 - 8/3 日

Trainer 訓練師資教師 : Jenny Groves

(Movement Intelligence Australian National Director 澳大利亞 負責人)

Organizer 主辦人: Levin Lee 李麗文

(Movement Intelligence Taiwan National Director 台灣 負責人)

Total Training Hours 總共師資訓練認證時數:

30 hours 小時 45 Processes (動作過程)

15 hours 小時 Didactics (教學方法)

14 hours 小時 Mentoring (教學指導)

Please Bring 請攜帶: Yoga Mat 瑜珈墊, Wrap 布條 Weight 重量沙包

(新生會提供 布條, 重量沙包 購買)

DAY 1

7/26 Sat 六 9-4:30 pm 9-12pm, 1:30-4:30pm 6 hours 小時 Processes (動作過程)

Lunch 午休 12-1:30pm

DAY 2

7/27 Sun 日 9-4:30 pm 9-12pm, 1:30-4:30pm 6 hours 小時 Processes (動作過程)

Lunch 午休 12-1:30pm

DAY 3

7/28 Mon 一 9-4:30 pm 9-12pm, 1:30-4:30pm 6 hours 小時 Processes (動作過程)

Lunch 午休 12-1:30pm

DAY 4

7/29 Tue 二 9-5:45 pm 9-12pm, 1:30-5:45pm 7 hours 小時 Didactics (教學方法)

Lunch 午休 12-1:30pm

DAY 5

7/30 Wed 三 9-5:45 pm 9-12pm, 1:30-5:45pm 6 hours 小時 Processes (動作過程) 1 hour 小時 Didactics (教學方法)

Lunch 午休 12-1:30pm

DAY 6

7/31 Thu 四 9-4:30 pm 9-12pm, 1:30-4:30pm 6 hours 小時 Processes (動作過程)

Lunch 午休 12-1:30pm

DAY 7

8/1 Fri 五 9-5:45pm 9-12pm, 1:30-5:45pm 7 hours 小時 Didactics (教學方法)

Lunch 午休 12-1:30pm

DAY 8

8/2 Sat 六 9-5:45 pm 9-12pm, 1:30-5:45pm 7 hours 小時 Mentoring (教學指導)

Lunch 午休 12-1:30pm

DAY 9

8/3 Sun 日 9-5:45 pm 9-12pm, 1:30-5:45pm 7 hours 小時 Mentoring (教學指導)

Lunch 午休 12-1:30pm