

bodyART® Structure

Level 1 Basic



Basis education bodyART Level 1
Requirements: good physical and mental condition

The sequence of Modules I-III must be adhered to because they build on one another.

Module I (2 days)

Module II (2 days)

Module III (2 days)

Exam Level 1 (1 day)

Int. bodyART® Instructor diploma and license



Function
(2 days)
Anatomy and physiology
Recommended but not required for the exam

Level 2 Advanced

Requirements: International bodyART® Instructor (basic education)
Each module lasts 2 days. The sequence of the modules of Level 2 depend on your personal goal and interests.

Classic Modules

These 4 modules are the requirement to take the exam of Int. bodyART Elite Instructor



Contact I



Dynamic



Flow I



Stretch

Additional Modules

expert knowledge



Glide



bodyART io-Ball®



Life Coaching



PRT



Pure



Reflections



Teaching by Elements



Myofascials and Trigger Points

Special Modules

target group specific



Best Age



Kids

Update 2015

Each year, a new current topic



Energy

Level 3 Professional

Each module lasts 2 days. The modules of Level 3 have additional requirements.



Contact II
Requirement: Contact I



Flow II
Requirement: Flow I



Personal Training
Re: Contact I and Function (4 days)



New Exercises
Re: Contact I and 1 year teaching



Exam
Intern. bodyART® Elite Instructor Diploma

Requirements:
all 4 Classic modules Level 2 (Contact I, Dynamic, Flow I and Stretch) and at least 1 year teaching experience