



BROGA[®] WEEKEND

Fitness Bootcamp
Teacher Training certification course





**2 DAY
NON-RESIDENTIAL COURSE**

£400

30 hour course worth 16 REPS CPD points

BOOK YOUR TICKETS HERE



YOUR WEEKEND INTENSIVE WILL INCLUDE:

Rigorous fitness and yoga training as it directly applies to sport and anatomy

Engaging with and connecting yoga and your teaching to a fitness-minded market

Becoming a dynamic, confident and desirable group fitness leader and motivator

Each day hosts a sporting challenge. You will feel with your own body the demands placed on the body by typical sports. You will learn both an upper body and lower body specific Broga® fitness yoga syllabus. We then workshop, practice and feel the demands placed on other athletes and the benefits specific yoga movements have in aiding flexibility, longevity and increasing performance.

BROGA® BOOTCAMP TEACHER TRAINING INCLUDES:

2 Day non-residential course

Fitness classes

All coursework study materials*

Learning DVD

Broga® event T-shirt

Exclusive one year Broga® licence**

16 REPS CPD points

* Students will learn two 60 min Broga® class syllabuses. These can be adapted to any fitness level and shorted as express versions to 30 and 45 minutes.

**Licence is for the UK only. Transferring to the EU, US, AUS, CAN may incur fees/course updates.

Licence is for individuals to use the Broga® name/brand and operate freely under the brand guidelines to profit by hosting classes, workshops and events only. Requires a one day course to renew licence and learn new course material.

Participants are required to have valid certification in either personal training, group fitness or yoga instruction.



REPs

The Register of Exercise Professionals
PART OF SKILLSACTIVE

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Kick
some
asana!™

www.broga.uk.com