



C.H.E.K Institute Advanced Training Programs

2010 - Europe

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CHEK UK Exercise Coach Course payment in full of £1525 Course payment plan: 2 x £777; 4 x £397; 6 x £267 CHEK Exercise Coach + Holistic Lifestyle Coach Level 1: Payment in full of £1997		
DATE	LOCATION	INSTRUCTOR
June 16-20, 2010	Eleiko, Halmstad, Sweden*	Matthew Wallden
July 26-30, 2010	The Orangery, Wakefield	Mark Buckley
August 16-20, 2010	Kingston College, Kingston, Surrey	Matthew Wallden w/ Leigh Brandon
October 6-10, 2010	O2 ApS, Farum, Denmark**	Dan Hellman
October 13-17, 2010	JPT Holistic Health and Fitness, Lancashire	Dan Hellman
November 22-26, 2010	Southern England, Location TBA	Matthew Wallden

C.H.E.K Practitioner Level 1 Course payment in full of £1650 Course payment plan: 2 x £837; 4 x £427; 6 x £287		
DATE	LOCATION	INSTRUCTOR
August 2-6, 2010	The Orangery, Wakefield	Mark Buckley
October 19-23, 2010	O2 ApS, Farum, Denmark** (new CP1 old CP2)	Matthew Wallden
December 6-10, 2010	Eleiko, Halmstad, Sweden*	Mathew Wallden

C.H.E.K Practitioner Level 2 Course payment in full of £1650 Course payment plan: 2 x £837; 4 x £427; 6 x £287		
DATE	LOCATION	INSTRUCTOR
August 9-13, 2010	The Orangery, Wakefield	Mark Buckley

Golf Biomechanic Course payment in full of £1650 Course payment plan: 2 x £837; 4 x £427; 6 x £287		
DATE	LOCATION	INSTRUCTOR
October 18-25, 2010	Bowskill Clinic, London	Jon Bowskill



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Holistic Lifestyle Coach Level 1: Course payment in full of £650 Course payment plan: 2 x £340 CHEK Exercise Coach + Holistic Lifestyle Coach Level 1: Payment in full of £1997		
DATE	LOCATION	INSTRUCTOR
April 23-25, 2010	Eleiko, Halmstad, Sweden*	JP Sears
April 30-May 2, 2010	O2 ApS, Farum, Denmark**	JP Sears
July 9-11, 2010	Mary Ward House, London WC1	Emma Lane
September 10-12, 2010	JPT Holistic Health and Fitness, Lancashire	Emma Lane
November 5-7, 2010	O2 ApS, Farum, Denmark**	JP Sears
November 12-14, 2010	Eleiko, Halmstad, Sweden*	JP Sears
November 19-21, 2010	The Orangery, Wakefield	Emma Lane

Holistic Lifestyle Coach Level 2: Payment in full £1650 Payment Plan: 2 x £837; 4 x £427; 6 x £287		
DATE	LOCATION	INSTRUCTOR
September 22-26, 2010	Eleiko, Halmstad, Sweden*	Josh Rubin



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Other Seminars		
DATE	LOCATION	INSTRUCTOR
April 26-27, 2010	Scientific Core Conditioning, Eleiko, Halmstad, Sweden*	Matt Wallden
April 28, 2010	Program Design, Eleiko, Halmstad, Sweden*	Matt Wallden
April 29-30, 2010	Scientific Back Training, Eleiko, Halmstad, Sweden*	Matt Wallden

Courses in Grey are full - a waiting list is being accepted

For Courses in Sweden contact: Eleiko Sport AB

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E-mail: alun@alun.dk

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