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BODYART

DIPLOMA

**Christine Kolkmann**

has successfully passed the exam  
in theory and practice (module I, II, III),  
to be awarded the license as an

**International  
BODYART Instructor**

Date: 20.11.2021

Total teaching units: 56



Christian Gasch  
Managing Director  
BODYART School Int. GmbH



Robert Steinbacher  
Creator BODYART  
Training Concept

## Contents of the education

The BODYART Instructor education consists of three modules.  
Each module lasts two days and an examination day.

### BODYART module I

During the first education module, the trainee learns about the basic structure, the history, development, philosophy and the energy phases of the BODYART concept. The trainee learns cardio-interval-DEEPWORK movements and how they can be integrated into a BODYART session.

### BODYART module II

The second education module allows the trainee to develop a deeper understanding of the energetic effect of the exercises. Specific breathing techniques are also introduced. BODYART exercises from different exercise families will be introduced and practiced.

### BODYART module III

The focus of BODYART III lies in practice. The trainee learns more new exercises and how to create and structure a training session. Every trainee receives personal feedback and learns BODYART specific teaching skills.

### International BODYART Instructor Level 1

With the successful completion of a BODYART Instructor Level 1 exam, the trainee receives a certificate and a BODYART Licence which permits the Instructor to teach BODYART classes for two years. To guarantee the quality of the BODYART concept and the BODYART philosophy, the licence has to be updated regularly.

The regulations regarding the update of the license are provided with the certificate.

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