

# C.H.E.K Institute Advanced Training Programs

## 2010 - Europe

Visit [www.chekinstitute.com](http://www.chekinstitute.com) for full details



<b>CHEK UK Exercise Coach</b> <b>Course payment in full of £1525</b> <b>Course payment plan: 2 x £777; 4 x £397; 6 x £267</b> <b>CHEK Exercise Coach + Holistic Lifestyle Coach Level 1:</b> <b>Payment in full of £1997</b>		
DATE	LOCATION	INSTRUCTOR
February 15-19, 2010	Lee Valley Athletics Centre, Enfield, Northeast London	Matthew Wallden
March 22-26, 2010	Broadlands Farm, Wakefield	Robert Yang
March 2-6, 2010	O2 ApS, Farum, Denmark**	Matthew Wallden
May 17-21, 2010	Bristol (Southwest England)	Matthew Wallden
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
October 6-10, 2010	JPT Health and Fitness, Lancashire	TBA
November 22-26, 2010	The Orangery, Wakefield	TBA

<b>C.H.E.K Practitioner Level 1</b> <b>Course payment in full of £1650</b> <b>Course payment plan: 2 x £837; 4 x £427; 6 x £287</b>		
DATE	LOCATION	INSTRUCTOR
February 22-26, 2010	Lifesmart, London	Matthew Wallden
March 15-19, 2010	O2 ApS, Farum, Denmark** (new CP1 old CP2)	Matthew Wallden
April 12-16, 2010	Kingston College, Kingston, Surrey	Matthew Wallden
August 2-6, 2010	The Orangery, Wakefield	Mark Buckley
December 6-10, 2010	Eleiko, Halmstad, Sweden*	Mathew Wallden

Classes are confirmed 30 days prior to start date.  
We do not recommend making travel arrangements prior to the confirmation.

\*Contact [info@EleikoSport.se](mailto:info@EleikoSport.se) for Swedish prices

\*\*Contact [Alun@Alun.dk](mailto:Alun@Alun.dk) for Danish prices

update 3/8/2010



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<b>C.H.E.K Practitioner Level 2</b> Course payment in full of £1650 Course payment plan: 2 x £837; 4 x £427; 6 x £287		
<b>DATE</b>	<b>LOCATION</b>	<b>INSTRUCTOR</b>
March 15-19, 2010	O2 ApS, Farum, Denmark** (new CP1 old CP2)	Matthew Wallden
August 9-13, 2010	The Orangery, Wakefield	Mark Buckley
October 2010	Kingston College, Kingston, Surrey	Matthew Wallden

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

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<b>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</b>		
DATE	LOCATION	INSTRUCTOR
March 19-21, 2010	The Orangery, Wakefield	Emma Lane
April 23-25, 2010	Eleiko, Halmstad, Sweden*	JP Sears
April 30-May 2, 2010	O2 ApS, Farum, Denmark**	JP Sears
July 2010	Greater London	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

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

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Other Seminars		
DATE	LOCATION	INSTRUCTOR
March 6, 2010	EmpowerSpeak, The Bowskill Clinic, London	Ilene Bergelson
March 7, 2010	One on one coaching with Ilene, The Bowskill Clinic, London	Ilene Bergelson
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

TEAM CHEK		
DATE	EVENT	INSTRUCTOR
February 6, 2010	Isolation to Integration, Stockholm, Sweden	Paul Chek
February 7, 2010	Total Body Leg Work Shop, Stockholm, Sweden	Paul Chek
April 9-11, 2010	Fit Pro UK	Paul Chek

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

### For Courses in Sweden contact: Eleiko Sport AB

Phone: +45 (0) 3517 7070

Fax: +45 (0) 3517 7079

E-Mail: [info@eleikosport.se](mailto:info@eleikosport.se)

[www.eleikosport.se](http://www.eleikosport.se)

### For Courses in Denmark contact: O2 ApS

Phone: +45 (0) 28 14 5131

E-mail: [alun@alun.dk](mailto:alun@alun.dk)

[www.alun.dk](http://www.alun.dk)

### For Courses in the UK contact: CHEK Europe Ltd.

Phone +44 (0) 1924 566019

Fax: +44 (0) 01924 667192

E-mail: [chekeurope@chekinstitute.com](mailto:chekeurope@chekinstitute.com)

[www.CHEKeurope.com](http://www.CHEKeurope.com)

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