Nordic Walking Training Course

Melbourne, 14 & 15 November 2015

Nordic Walking is taking off all around Australia with many highly respected and successful health and fitness

practitioners incorporating walking with poles into their clients programs and adding a new revenue stream.

Discover for yourself the impressive benefits and applications of this highly effective yet low impact aerobic workout which people of any age or fitness level absolutely love doing; from rehabilitation to chronic disease management, from total body fitness to weight loss to sports cross training.

The Nordic Walking Instructor Course is a comprehensive and enjoyable weekend program designed to equip fitness and health professionals with all the necessary knowledge and skills to conduct profitable Nordic Walking classes and programs.

Course Package includes:

- 2 day Instructor Course with International Master Trainer and Global Pioneer
- Nationally accredited and internationally recognised qualification
- 1 pair of Diamond Carbon Nordic Walking Poles (rrp \$189)
- 80 min interactive DVD resource (rrp \$48)
- Comprehensive course manual
- Eligibility to join Nordic Academy's 'Professional Member' program
- Personal video analysis

How this benefits

Chronic Disease PatientsRehabilityCross TrainingFor Weig

Rehabilitation Patients For Weight Loss Total Body Fitness

Presented by Mr Patrick Burtscher, Nordic Academy

Patrick Burtscher is an International Nordic Walking Master Trainer and a member of the International Nordic Walking Advisory Board. For over 10 years he has instructed, educated and pioneered the movement of Nordic Walking in the Asia-Pacific region. He is the founder of Nordic Academy which is Australia's leading provider of high quality training, instructors, equipment and resources.

He is dedicated to and masterful at bringing out the best in people so they can achieve and enjoy the feeling of doing and being their personal best.

Registration

Earlybird (Received on or b	(Received on or before 14 October 2015)				
ESSA Member	\$530.00				
Non-Member	\$655.00				
ESSA Student Member	\$290.00				
Student Non-Member	\$360.00				

Standard (Received on or after	ter 15 October 2015)			
ESSA Member	\$550.00			
Non-Member	\$675.00			
ESSA Student Member	\$310.00			
Student Non-Member	\$380.00			
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Registration is now available <u>online</u> or via the manual form attached. Places are strictly limited.

Important Information

Target Audience:	Any Accredited Exercise Physiologists or Sports Scientists
Date:	Saturday, 14 & Sunday, 15 November 2015
Time:	8:30am – 5:00pm daily
Venue:	Melbourne CBD, VIC



CPD

points



nordic academy

Australia's Nordic Walking Professionals



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forward information to education@essa.org.au		Locked Bag 102, Albion DC Qld			