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SPRING RETREAT 2010!!!

THE GENESIS TRANSFORMATION SPRING RETREAT 2010 is a component of the Coach Training 2010 program. This means that you will receive the same education as the Genesis Coaches, in the same format, without the pre-requisites. This is an amazing opportunity for you to deeply learn the GT process and will change how you think about health for the rest of your life!

The first day you'll work with assessing/strengthening your posture and core. You will be re-defining how you exercise. Days 2 & 3 are in a lecture format, along with yoga, workouts, and great organic meals that you'll have a part in preparing.

The Spring Retreat is comprised of Level 1 of the Coach Training. You may opt to continue into Levels 2 (June 17,18,19) and 3 (January 20,21,22 2011). Whether or not you do, you will find the education in Level 1 to be life changing.

The Curriculum:

LEVEL 1

- Analysis
- Fueling – why, how, and common issues
- Basics of fitness progression
- Techniques for overcoming hurdles

LEVEL 2

- Rotation
- Prescriptive cardiovascular training and body conditioning
- Adapting to client lifestyle variants

LEVEL 3

- Maintenance
- Long term goal setting
- Paradigms and congruency

Each Level provides 5 hours of fitness training the first day, and 10 hours of training over the course of the next 2 days.