



# C.H.E.K Institute Advanced Training Program 2016 Schedule

North America - USA and Canada\*

Registration online at: <http://www.chekinstitute.com/register>

## CHEK Exercise Coach Program

Payment Plans Available \*Canadian courses - add HST/GST

\*Classes Are Confirmed 30-Days Prior to Start \*Do Not Make Travel Arrangements Until That Time\*

Early Bird Deadline	Paid in full by:	Prereq's Due	CHEK Exercise Coach			
	Regular		Early Bird Tuition: \$2,147.00 USD		Regular Tuition: \$2,297.00 USD	
			DATE	LOCATION	ADDRESS	INSTRUCTOR

Register for CHEK Exercise Coach online here: <http://tiny.cc/ExCReg>



## C.H.E.K Practitioner Program

Payment Plans Available \*Canadian courses - add HST/GST

**\*Classes Are Confirmed 30-Days Prior To Start Date \*Do Not Make Travel Arrangements Until That Time\***

Early Bird	Paid in Full	Prereq's Due	C.H.E.K Practitioner Level 1			
	Regular		Early Bird Tuition: \$2,147.00 USD		Regular Tuition: \$2,297.00 USD	
			DATE	LOCATION	ADDRESS	INSTRUCTOR

Early Bird	Paid in Full	Prereq's Due	C.H.E.K Practitioner Level 2			
	Regular		Early Bird Tuition: \$2,147.00 USD		Regular Tuition: \$2,297.00 USD	
			DATE	LOCATION	ADDRESS	INSTRUCTOR

Early Bird	Paid in Full	Prereq's Due	C.H.E.K Practitioner Level 3			
	Regular		Early Bird Tuition: \$3,547.00 USD		Regular Tuition: \$3,747.00 USD	
			DATE	LOCATION	ADDRESS	INSTRUCTOR

Early Bird	Paid in Full	Prereq's Due	C.H.E.K Practitioner Level 4			
	Regular		Early Bird Tuition: \$3,547.00 USD		Regular Tuition: \$3,747.00 USD	
			DATE	LOCATION	ADDRESS	INSTRUCTOR

**Register for C.H.E.K Practitioner Levels 1, 2, 3 and 4 online here: <http://tiny.cc/CPracReg>**



## CHEK Sports Performance Training Programs

Payment Plans Available \*Canadian courses - add HST/GST

**\*Classes Are Confirmed 30-Days Prior To Start Date \*Do Not Make Travel Arrangements Until That Time\***

Early Bird	Paid in Full	Prereq's Due	CHEK Golf Performance Specialist Whole In One Golf Conditioning			
	Regular		Early Bird Tuition: \$997.00 USD		Regular Tuition: \$1,097.00 USD	
			DATE	LOCATION	ADDRESS	INSTRUCTOR

**Register for Golf Performance Specialist online here: <http://tiny.cc/GolfReg>**

Early Bird	Paid in Full	Prereq's Due	CHEK Tennis Conditioning Series Level 1			
	Regular		Early Bird Tuition: \$997.00 USD		Regular Tuition: \$1,097.00 USD	
			DATE	LOCATION	ADDRESS	INSTRUCTOR

**Register for CHEK Tennis Conditioning Series online here: <http://tiny.cc/TennisReg>**



## CHEK Holistic Lifestyle Coach Program

Payment Plans Available \*Canadian courses - add HST/GST

**\*Classes Are Confirmed 30-Days Prior To Start Date \* Do Not Make Travel Arrangements Until That Time\***

Early Bird	Paid in Full	Prereq's Due	CHEK Holistic Lifestyle Coach Level 1			
	Regular		Early Bird Tuition: \$675.00 USD		Regular Tuition: \$725.00 USD	
			DATE	LOCATION	ADDRESS	INSTRUCTOR

Early Bird	Paid in Full	Prereq's Due	CHEK Holistic Lifestyle Coach Level 2			
	Regular		Early Bird Tuition: \$2,147.00 USD		Regular Tuition: \$2,297.00 USD	
			DATE	LOCATION	ADDRESS	INSTRUCTOR
30-Aug-16	31-Oct-16	31-Oct-16	November 30-December 4, 2016	San Diego, CA - USA	Carlsbad Inn Resort - 3075 Carlsbad Blvd., Carlsbad, CA 92008	Angie Chek

Early Bird	Paid in full	Prereq's Due	CHEK Holistic Lifestyle Coach Level 3			
	Regular		Early Bird Tuition: \$2,597.00 USD		Regular Tuition: \$2,797.00 USD	
			DATE	LOCATION	ADDRESS	INSTRUCTOR
29-Aug-16	30-Oct-16	30-Oct-16	November 29-December 4, 2016	San Diego, CA - USA	Carlsbad Inn Resort - 3075 Carlsbad Blvd., Carlsbad, CA 92008	Paul Chek

**Register for CHEK Holistic Lifestyle Coach online here: <http://tiny.cc/HLCReg>**



### CHEK Monthly Webinar Series

\$24.95 per webinar, or \$19.95 per month with a 12 month subscription

To register visit: <http://www.chekinstitute.com/webinar>

DATE	Time	TOPIC	DESCRIPTION	PRESENTER
November 23, 2016	12:00pm - 1:30pm PST	How to Create Rhythm and Flow in Your Life	There is a time for work, play and rest. Like seasons or moon phases, your energy will wax and wane into different areas of your life that need attention. In this webinar, I will show you ways to identify and flow with your personal rhythm. It is a busy world and balance is more important than ever in order to maintain and teach health. You will learn: Strategies for organizing your time spent with the 4 doctors... Identify when imbalance is necessary and when it is unhealthy... Ways to keep your thoughts balanced even when life isn't... Planning and committing to your flow allows you to be present with what is...not worrying about what is not... For example, being at work while wishing you were home with the family or sitting at the computer when you wish you were working out... There are many ways to create organization, learn which systems might be right for you in order to plan for your seasons.	Nicole DeVaney
December 14, 2016	12:00pm - 1:30pm PST	A Deeper Understanding of the Chakra System for Holistic Healing	This webinar will serve to inform you holistically on each specific Chakra up to the 5th Chakra. We will look into the understanding of the integrative approach to understanding client's issues as it relates to the chakra system. Throughout, you will acquire some tools to empower healing with a client.	Ashley Mazurek

### C.H.E.K Institute-Trained Professional Q&A Coaching Calls

Calls are for CURRENT C.H.E.K Institute-Trained Professionals ONLY - check your e-mail for log-in information

DATE	TIME	FOCUS	EVENT INFORMATION	CHEK Faculty
November 17, 2016	12:00pm - 1:30pm PST	CHEK Holistic Lifestyle Coaches - HLCs	Questions may be submitted to <a href="mailto:questions@chekinstitute.com">questions@chekinstitute.com</a> . Please check your e-mail for the invitation to attend.	Jator Pierre
December 15, 2016	12:00pm - 1:30pm PST	C.H.E.K Practitioners - ECs, CPs and Sports Performance	Questions may be submitted to <a href="mailto:questions@chekinstitute.com">questions@chekinstitute.com</a> . Please check your e-mail for the invitation to attend.	Nicole DeVaney