

## POSE METHOD CERTIFICATION LEVEL 1 with Dr. Romanov Hawaii, United States



**Date:** April 25- 26, 2009

**Location:** 756 Kalanipuu Street, Honolulu, Hawaii,  
96825 (Hawaii Kai)

**Price:** \$1200

**Contact host Edward Bugarin at**

**Email:** strended@aol.com

Pose Tech offers the best Certification Program for Running Coaches available today. The Pose Method® system for teaching running, developed by an Olympic Coach and backed up by scientific proof of reducing knee impact by half, will provide you with a solid foundation to develop a successful coaching career on.

There are three certification levels offered, each one represents a higher level of competency.

Teach runners how to enjoy running again, give them what they are looking for - a technique that will help them run injury free!

### **Bring proper running shoes.**

- Mizuno Wave Universe 2 unisex
- Puma H Street
- Nike Air Zoom Katana Rac3r II or III

*Pose Running has helped us create a model that we think will produce a more injury resistant athlete.*

**- George Dallam Ph.D.  
Former USA Triathlon Team Coach**

