

# TRIBAL DANCE WORKOUT© CERTIFICATION TRAINING PROGRAM

Week 1:	<b><u>Monday</u></b> Exercise Physiology Traditional Dance Study	<b><u>Thursday</u></b> Rhythm Warm-up Instruction
Week 2:	<b><u>Monday</u></b> Anatomy & Kinesiology Traditional Dance Study	<b><u>Thursday</u></b> Rhythm Warm-up Instruction
Week 3:	<b><u>Monday</u></b> Goddess and Divine Femininity Traditional Dance Study	<b><u>Thursday</u></b> Rhythm Warm-up Instruction
Week 4:	<b><u>Monday</u></b> Disabilities and Health Limitations	<b><u>Thursday</u></b> Rhythm Workout Lines Across Floor ~ Choreography Set-Up
Week 5:	<b><u>Monday</u></b> Injury Prevention & Emergency Procedures	<b><u>Thursday</u></b> Rhythm Workout Lines Across Floor ~
Week 6:	<b><u>Monday</u></b> Chakra Energy Centers Sounds and African Songs	<b><u>Thursday</u></b> Final Stretch Kalimba
Week 7:	<b><u>Monday</u></b> Written/Practical Exam	<b><u>Sunday</u></b> Honoring Ceremony and Celebration

\*\*\* Classes subject to change according to the pace at which the students are learning.