

Learn Practice Teach

Learn — The student learns the philosophy of the Burdenko Method™, and then is shown specific techniques that exemplify, illustrate and expand upon that philosophy. This learning phase is accomplished through written materials, demonstrations, and active participation.

Practice — Practice occurs in groups and in pairs, under the supervision of an instructor. Feedback is given by both the partner and the instructors.

Teach — After learning how to perform a particular exercise sequence, the student is then asked to teach that sequence to his or her partner. Observations and corrections are given by both partner and instructor.

Objectives

The primary objective of the Burdenko Certification Program is to educate individuals in the philosophy and techniques of the Burdenko Method™, a novel way of using your body to optimize health and prevent injury. The Burdenko Method™ uses a unique combination of water and land exercises to enhance conditioning, increase neurophysiological efficiency, and heal injuries.

This is a dynamic program. Participants will be required to engage in water and land exercises, and to practice teaching others how to perform them.

“The Burdenko Method™ demonstrates that the physical properties of water make it the ultimate medium for intensive and effective physical training and treating musculoskeletal and other injuries”
Victor Chakarian, Ph.D.
President, Olympia Studio, Inc

Beneficiaries from the Burdenko

Method

“...It’s fun, it’s really hard work but it’s so different that I’m used to...Igor is so positive and up, that I want to give more and try harder ...and it’s being a great help !”
Nancy Kerrigan, 1994 Olympic Silver Medalist

“Dr. Burdenko’s program is the best. It helped me overcome pain and fulfill my goals in training”
Oksana Baiul, 1994 Olympic Gold Medalist

“Igor Burdenko brings the knowledge of gravity, physiology and physics to bear on an innovative and highly effective approach to conditioning.”
Laurence R. Young, Sc.D.
Apollo Program Professor of Astronautics, MIT.
Founding Director, National Space Biomedical Research Institute

“The land and water exercises for rehabilitation and conditioning are the most effective, enjoyable, and safest ones I’ve ever done.”
Merrill Ashley,
Principal Dancer, New York City Ballet

Why Take This Program?

The Burdenko Certification Program provides an opportunity to learn this unique and highly effective system taught by its founder. Anyone who is interested in cutting-edge approach to physical well-being, injury prevention, or rapid healing techniques should attend.

Who is Eligible to

Take this Program

The Burdenko Certification Program is open to all health practitioners who have a professional knowledge of anatomy and physiology. These individuals include medical doctors, nurses, physical therapists, occupational therapists, rehabilitation professionals, athletic trainers, personal trainers, massage therapists, and many others who share a passion for helping people.

Fees

Part I, levels 1,2,3
 Core Program.....\$850

Part II, Levels 4,5,6
 Instructor Certification.....\$850

Master Instructor Certification.....\$850

Faculty

Igor N. Burdenko, Ph.D. Is one of the preeminent practitioners in the field of water therapy. He is the originator of the Burdenko Method™, a unique, proven method for rapid healing, rehab, injury free training and conditioning. In 1995 he received the Professional of the Year award from the Aquatic Therapy Rehab Institute. In 1999 he was awarded the title of Clinical Associate of Physical Therapy at the Sargent College at Boston University. Dr. Burdenko is the founder and President of the Burdenko Institute and is co-author of *Overcoming Paralysis*, and *The Ultimate Power of Resistance*.

Master Certified instructors in The Burdenko Method™ are included in each program for additional instruction and assistance.

Part One Program Schedule

Friday

11:00 - 12:00	Registration
12:00 - 12:30	Overview of Program
12:30 - 1:15	History and Principles of The Burdenko Method
1:15 - 2:00	Introduction-Level I
2:00 - 2:15	Break and Change
2:15 - 3:45	Practice/Teach Level I-Deep Water
3:45 - 4:45	Introduction -Level II
4:45 - 6:15	Practice/Teach Level II Deep Water
6:15 - 7:00	Get Together

Saturday

8:00 - 8:30	Review of Day One
8:30 - 10:00	Practice/Teach Level II Land
10:15 - 10:30	Break and Change
10:30 - 11:30	Introduction to Level III
11:30 - 12:00	Practice Level III Land
12:00 - 1:00	Lunch and Change
1:00 - 3:00	Practice/Teach Level III Deep Water
3:00 - 3:15	Break and Change
3:15 - 4:45	Practice/Teach Level III
	Shallow Water

Sunday

8:00 - 8:30	Review of Day Two
8:30 - 10:00	Practice/Teach Level III Shallow/ Deep Water
10:00 - 10:15	Break and Change
10:15 - 11:15	Review Levels I,II,III
11:15 - 12:15	Lunch
12:15 - 2:45	Practicum and Tests
2:45 - 3:15	Case Studies
3:15 - 4:00	Group Discussions/ Closing

Hotel and Transportation

The Ramada Inn in Bedford, MA has agreed on accommodating participants with rooms. They can be reached at 781-275-6700 for full details and rates.

Ramada Inn
 #340 Great Rd.
 Bedford, MA 01730

Cancellations

The registration fee, less a \$75 processing fee, is refundable upon written notice at least 4 weeks prior to the program. BCP staff reserves the right to cancel or change the date of the program with due cause and is not responsible for the refund of travel or hotel expenses.

CEU Credits

Organization	Course	CEUs
NATA	P-845	20
ATRI	77110	20
AEA	11023	10



Burdenko
 CERTIFICATION PROGRAM
 P.O. Box 590177, Newton, MA 02459



Part I Levels 1,2,3

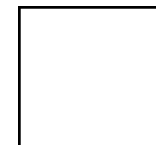
The Burdenko Certification Program was established to provide health professional with means of formalizing their knowledge of the Burdenko Method™. The Burdenko Method™ is a unique, innovative system for rehabilitation, conditioning and injury prevention. It has been developed and refined by Igor N. Burdenko Ph.D. over a period of 40 years in both the former Soviet Union and the United States. Many individuals, from Olympic athletes, to the general public have benefited from this original and extraordinary effective system.

“Once in every few decades, a brilliant innovator makes a quantum leap in the way that we can relate to , and care of our bodies. Igor Burdenko is such a person. His genius lies in discovering the power of water to enhance health, accelerate healing and prevent injury.”
 Dr. Andrew Geller, M.D., M.P.H



The Burdenko Water and Sports
 Therapy Institute

P.O. Box 590177, Newton, MA 02459
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www.burdenko.com



Please print the following information and mail with payment to
 Burdenko Water and Sports Therapy Institute
 P.O. Box 590177, Newton, MA 02459
 Burdenko Certification

Name _____
 Home Address _____
 Phone _____
 E-Mail _____
 Business Name _____
 Address _____
 Business Phone _____ Fax _____ Web Site _____
 Participant Signature _____ Date _____

REGISTRANTS WILL RECEIVE CONFIRMATION LETTER UPON RECEIPT OF PAYMENT

