

INVERSION

1 DAY RUBBERDAM TRAINING FOR THE BEGINNER AND INTERMEDIATE

08:30 Registration

09:00 Theory: Principles of isolation

10:15 Coffee break

10:30 Hands on: Principles of isolation

12:00 Lunch

12:45 Theory: Advanced isolation

13:45 Coffee Break

14:00 Hands on: Advanced Isolation

15:30 Live Demo

15:45 Hands on: Practice makes perfect

16:45 Discussion

17:00 Social

