

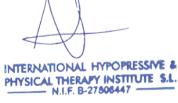
The International Hypopressive & Physical Therapy Institute hereby certifies that

## ANTONINA DOBRODITSKAIA

Has successfully participated in the LPF training program

Level 2





Camilo Villanueva

Executive Director



## LEVEL 2

## THEORETICAL CONTENTS

- Organization of LPF session
- Initial assessment: anamnesis & questionnaries
- Functional assessment: respiratory function tests
- Teaching & communication

## **PRACTICAL CONTENTS**

- Respiratory muscle training exercises
- LPF Level 2 exercise sequence
- Exercises, transitions and progressions of Level 2 sequence
- Methodological adaptations of level 2 exercises
- Teaching and methodology for small groups and group X classes of LPF.