



GYROTONIC® LEVEL 1 TEACHER TRAINING PROGRAM

Logistics

- 188 hour program (4 sequential courses)
- 3 months to become a Gyrotonic Apprentice Trainer
- 1 year to become a Certified Gyrotonic Trainer

Experience an in-depth exploration of the Gyrotonic level 1 movement principles, learn a progressive series of Gyrotonic class sequences, develop teaching skills, and techniques unique to the Gyrotonic Expansion System, and teach Gyrotonic sessions to clients.

PROGRAM OVERVIEW

In this program students learn to design, and teach a progressive sequence of Gyrotonic Level 1 exercise classes on the Gyrotonic Pulley Tower Combination Unit. The 188 hour program is composed of four sequential courses (See course details below). Students typically begin teaching the Gyrotonic Method in the role of apprentice within 3 months after beginning the program. It takes approximately 1 year to complete the full program and to become a fully qualified Gyrotonic Trainer.

Gyrotonic Trainers are eligible to register for Gyrotonic specialized courses and Gyrotonic specialized equipment courses.

Gyrotonic Trainers attend at least one continuing education course every two years in order to expand their skill set and maintain their certification and trademark license.

Why Gyrotonic Level 1 Teacher Training Program?

- ➔ *Experience an in-depth exploration of Gyrotonic principles, and level 1 movement sequences under the direction of a skilled Gyrotonic Master Trainer*
- ➔ *Learn to professionally teach the Gyrotonic Level 1 exercise sequences on the Gyrotonic Pulley Tower*
- ➔ *Gyrotonic level 1 Trainers have access to specialized Gyrotonic teacher training courses, including specialized equipment courses.*



COURSES

GYROTONIC LEVEL 1 TEACHER TRAINING PROGRAM

1 GYROTONIC® Pre-Training Course

Purpose

To provide a foundational understanding of the Gyrotonic level 1 exercises and prepare students physically for the Gyrotonic Level 1 Foundation Course. During this course students focus on gaining experience, and developing a personal understanding of the exercises on the Pre-Training Course exercise list.

Prerequisites

An experienced Gyrotonic student, with a basic understanding of the Gyrotonic, level 1, progression I exercises. Students should take a minimum of ten or more classes with a Certified Gyrotonic Trainer before registering for this course. For students who do not have access to Gyrotonic classes, a three day introductory course designed to provide an introduction to the Gyrotonic level 1, progression 1 exercises can be taken before the Pre-Training Course.

Upon successful completion

Once students have successfully completed the Gyrotonic Level 1 Pre-Training Course, they may proceed to the Gyrotonic Level 1 Foundation Course.

CONDUCTED BY:

A Gyrotonic Pre-Trainer or a Gyrotonic Master Trainer

DURATION:

Minimum 6 days/30 hours

COST:

€ 850,00

These prices are for courses taken in 2016 and are subject to change. Prices do not reflect any studio fees that may be charged separately by the course host.



2 GYROTONIC® Foundation Course

Purpose

To provide a more in-depth understanding of the Gyrotonic level 1 curriculum and provide students with the specific skills and techniques needed to teach these exercises to others. During this course, a Gyrotonic Master Trainer introduces the teaching techniques and principles underlying the Gyrotonic level 1 exercise syllabus and introduces the complete Gyrotonic, level 1 exercise curriculum.

Prerequisites

Successful completion of the Gyrotonic Level 1 Pre-Training Course.

Upon successful completion

Once students successfully complete the Gyrotonic Level 1 Foundation Course, they are considered a Gyrotonic Apprentice. At this stage the Gyrotonic Level 1 Apprenticeship period begins and students can begin teaching the Gyrotonic level 1 exercises they have learned in the role of Gyrotonic, Level 1 Apprentice. The apprenticeship license is valid for 1 year.

CONDUCTED BY:

A Gyrotonic Pre-Trainer or a Gyrotonic Master Trainer

DURATION:

Minimum 12 days/60 hours

COST:

€ 1500,00

These prices are for courses taken in 2016 and are subject to change. Prices do not reflect any studio fees that may be charged separately by the course host.



3 GYROTONIC® Apprenticeship

Purpose

To help Gyrotonic Level I Apprentices expand their experience and understanding of the Gyrotonic Level 1 Foundation Course material and prepare them for the Gyrotonic Level 1 Final Certificate Course. During the apprenticeship period students are required to complete 60 “teaching client” hours and a minimum of 30 supervised apprenticeship hours. Apprentices complete their supervised apprenticeship hours under the guidance and supervision of a Gyrotonic Master Trainer, either in the form of a Gyrotonic Apprenticeship Course, or by re-taking the Gyrotonic Foundation Course.

Prerequisites

Successful completion of the Gyrotonic Level 1 Foundation Course.

Upon successful completion

Once Apprentices have successfully completed all of the apprenticeship requirements, they can proceed to the Gyrotonic Level 1 Final Certificate Course.

CONDUCTED BY:

A Gyrotonic Master Trainer supervises the 30 hours of supervised hours required in this course. These hours are completed in the form of a Gyrotonic Apprenticeship Course. Teaching client hours are conducted independently by the Apprentice.

DURATION:

6-12 months

COST:

€ 700,00

These prices are for courses taken in 2016 and are subject to change. Prices do not reflect any studio fees that may be charged separately by the course host.



4 GYROTONIC® Final Certificate Course

Purpose

The purpose of this course is two fold. It is an education course and it is also a practical assessment of students' teaching skills and their understanding of the Gyrotonic Level 1 curriculum. To successfully complete this course, Apprentices must physically execute and demonstrate a proficient understanding of the exercises and principles in the Gyrotonic Level 1 Foundation Course syllabus. Additionally, Apprentices must apply the appropriate verbal cues and physical guidance to a moving person according to the Gyrotonic Level 1 Foundation Course manual.

Prerequisites

Successful completion of the Gyrotonic apprenticeship requirements.

Upon successful completion

Upon successfully completing the Gyrotonic Level 1 Final Certificate Course, students are considered Certified Gyrotonic Trainers, and are granted a trademark use license. Gyrotonic Trainers are required to meet continuing education requirements and renew their certification, and trademark license every two years. After successful completion of the Gyrotonic Level 1 Teacher Training Program, students are also eligible to enroll in Gyrotonic Specialized Courses, and Gyrotonic Specialized Equipment Courses.

CONDUCTED BY:

A Gyrotonic Specialized Master Trainer appointed by Gyrotonic International Headquarters.

DURATION:

3 Days/17 hours

COST:

€ 350,00

These prices are for courses taken in 2016 and are subject to change. Prices do not reflect any studio fees that may be charged separately by the course host.