



GYROKINESIS® LEVEL 1 TEACHER TRAINING PROGRAM

Logistics

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

Experience an in-depth exploration of the Gyrokinesis level 1 movement principles, and class formats. Develop the timing, and verbal and tactile skills to teach a Gyrokinesis group class.

PROGRAM OVERVIEW

In this program students learn to conduct two in-depth Gyrokinesis class formats. The 138 hour program is composed of four sequential courses. (See course information below.) Students typically begin teaching the Gyrokinesis Method in the role of “apprentice” within 3 months after beginning the program. It takes approximately 1 year to complete the full program and become a certified Gyrokinesis Trainer.

Those who successfully complete the program are qualified to teach Gyrokinesis level 1 exercise sequences to students in the role of Gyrokinesis Trainer. Gyrokinesis Trainers are also eligible to enroll in Gyrokinesis specialized courses and certain Gyrotonic specialized equipment courses.

Gyrokinesis Trainers complete at least one continuing education course every two years in order to expand their skills and to maintain their Gyrokinesis certification and trademark license..

Why Gyrokinesis Level 1 Teacher Training Program?

- ➔ *Experience an in-depth exploration of Gyrokinesis principles, and level 1 class formats with skilled Gyrokinesis teacher trainers.*
- ➔ *Learn to teach with rhythm, and flow. Develop effective tactile, and verbal cueing skills that are unique to the Gyrotonic Expansion System Method.*
- ➔ *Learn to teach the Gyrokinesis level 1 class formats to a group class*



COURSES

GYROKINESIS LEVEL 1 TEACHER TRAINING PROGRAM

1 GYROKINESIS® Pre-Training Course

Purpose

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

Prerequisites

An experienced Gyrokinesis student, with a basic understanding of the Gyrokinesis, level I class formats. Students should take a minimum of 10 or more Gyrokinesis classes with a certified Gyrokinesis Trainer prior to registering for this course.

Upon successful completion

Once students have successfully completed the Gyrokinesis Level I Pre-Training Course, they are qualified to proceed to the Gyrokinesis Level 1 Foundation Course.

CONDUCTED BY:

A Gyrokinesis Pre-Trainer
or a Gyrokinesis Master
Trainer

DURATION:

Minimum 6 days/30 hours

COST:

€ 550,00

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 GYROKINESIS® Foundation Course

Purpose

To provide a more in depth understanding of the exercises in the Gyrokinesis level I 60 minute format class and 90 minute format class, and provide students with the specific skills and techniques to teach these exercise sequences to others. During this course, a Gyrokinesis Master Trainer introduces the principles, and teaching techniques underlying the Gyrokinesis level 1 exercise syllabus.

Prerequisites

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

Upon successful completion

Once students successfully complete the Gyrokinesis Level 1 Foundation Course, they are considered a Gyrokinesis Level I Apprentice. At this stage the Gyrokinesis Level I apprenticeship period begins and students are granted a trademark license that allows them to teach Gyrokinesis classes in the role of Apprentice. The apprenticeship license is valid for 1 year.

CONDUCTED BY:

A Gyrokinesis Pre-Trainer
or a Gyrokinesis Master
Trainer

DURATION:

Minimum 9 days/45 hours

COST:

€ 950,00

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 GYROKINESIS® Apprenticeship

Purpose

To help apprentices review and practice the Gyrokinesis Level I Foundation Course material and prepare for the Gyrokinesis Level I Final Certification Course. During the apprenticeship period apprentices are required to complete 30 “teaching client” hours and a minimum of 15 supervised apprenticeship hours. Apprentices complete their supervised apprenticeship hours under the guidance and supervision of a Gyrokinesis Master Trainer, either in the form of a Gyrokinesis Apprenticeship Course, or by re-taking the Gyrokinesis Foundation Course.

Prerequisites

Successful completion of the Gyrokinesis Level 1 Foundation Course.

Upon successful completion

Once Apprentices have successfully completed all of the apprenticeship requirements, they are qualified to proceed to the Gyrokinesis Level I Final Certification Course.

CONDUCTED BY:

A Gyrokinesis Master Trainer.

DURATION:

6-12 months

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.



4 GYROKINESIS® 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 the students' teaching skills and their understanding of the Gyrokinesis Level I curriculum. To successfully complete this course, apprentices must physically execute and demonstrate the exercises and principles from the Gyrokinesis Level I Foundation Course syllabus. Additionally, apprentices must apply the appropriate verbal cues and physical guidance to a moving person according to the Gyrokinesis Level I Foundation Course manual.

Prerequisites

Successful completion of the Gyrokinesis level 1 Apprenticeship requirements. There must be a minimum of 6 months, and maximum of 1 year apprenticeship period between the foundation course, and the final certificate course.

Upon successful completion

Upon successfully completing the Gyrokinesis Level I Certificate Course, students are considered Certified Gyrokinesis Trainers. Gyrokinesis Trainers are required to meet continuing education requirements and renew their certification, and trademark license every two years. After successful completion of the Gyrokinesis Level I Teacher Training Program, students are eligible to enroll in Gyrokinesis specialized courses.

CONDUCTED BY:

A Gyrokinesis Specialized Master Trainer appointed by Gyrotonic & Gyrokinesis International Headquarters.

DURATION:

3 Days/15 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.