

Steps to become a GYROKINESIS® Level 1 Trainer

THE EDUCATION FOR **GYROKINESIS® TRAINER**
IS OFFERED IN **4 STEPS**
LEADING TO **CERTIFICATION !**

1. PRETRAINING

Learning to learn the basic program with the goal of operation and effect of the system on your own body. This is also a prerequisite to purchase a device for home use. With this course you set the foundation for a new experience.

2. FOUNDATION COURSE

If you are interested to use the system professionally, then this course offers a deepening of theoretical and practical knowledge of the system and adds methodology / didactics.

3. APPRENTICESHIP + SUPERVISED APPRENTICE REVIEW

The internship offers the opportunity to use the knowledge under real conditions and to gain more experience. In addition, during this period the knowledge to be refreshed and deepened in the form of a supervision course supervised apprenticeship review hours.

4. CERTIFICATION – AT LEAST 6-MONTHS AFTER THE APPRENTICESHIP

A weekend seminar which again will set new impulses, which at the same time carrying out the quality of our own movement as well as the guidance of others is observed. A positive history permission for public and professional use of the system is confirmed by a certificate.

For a professional application of the system, it is likely to be beneficial to have a job with which **GYROKINESIS®** can connect (e.g. Physiotherapist, Sports instructor, Dancer, Aerobics instructor, Pilates teacher, Yoga teacher ...)

COME. MOVE. BE HAPPY... HAVE FUN!

GYROKINESIS® UPDATES and WORKSHOPS

GYROKINESIS® LEVEL 1 CERTIFIED TRAINERS ARE REQUIRED EVERY 2 YEARS TO RENEW THEIR LICENSE BY ONE COURSE OF FOLLOWING:

- 3 DAYS - GYROKINESIS® LEVEL 1 UPDATE COURSE OR
- GYROKINESIS® SPECIALIZED COURSE WITH MUSIC
- GYROKINESIS® SPECIALIZED WORKSHOP,
- GYROKINESIS® LEVEL 2 OR
- JSB, LEU OR ARCHWAY COURSE TO COMPLETE.

EDUCATION COURSES @



CONTINUING EDUCATION COURSES WITH MUSIC:

- HAPPY MOVES
- LOTUS BLOSSOM 1
- LOTUS BLOSSOM 2
- BREATHING COURSE INTENSIVE

SPECIALIZED WORKSHOPS:

- GYROKINESIS® ESSENTIALS
- GYROKINESIS® LEVEL 2 – PROG 1
- GYROKINESIS® LEVEL 2 – PROG 2
- GYROKINESIS® CARDIOVASCULAR BREATHING 1, 2 OR 3

CONTINUING EDUCATION COURSES AT THE SPECIALIZED EQUIPMENT:

- LEG EXTENSION UNIT (LEU)
- JUMPING STRETCHING BOARD (JSB)
- ARCHWAY LEVEL 1

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(You can find the overview course options here: www.gyrotonic.com)