

# How to Became A GYROTONIC® Instructor

The Training process in the GYROTONIC® method is structured and regulated according to the norms of Gyrotonic International Headquarters in the United States. (Below is an excerpt from GYROTONIC® Institute Brazil and Gyrotonic.com).

The first step for those interested in the training process is to start attending Gyrotonic classes or private sessions in order to experience and comprehend the method's principles in their own body. The minimum time suggested is twenty hours.

Another option is to participate in a three-day workshop, with the aim to introduce the six steps involved in learning Progression 1 according to the GYROTONIC® Level 1 Course Manual.

## Three-Day Workshop

The Course is aimed at healthcare professionals (doctors, physical therapists, physical educators, ATC's), movement educators, dancers and yoga teachers.

Through this 3-day format introductory workshop, the student has the opportunity to experience the methodology's transforming process in a progressive yet more intensive way. This will allow the interested professional to assess the level of investment necessary throughout the entire training process, not only the financial and time commitment, but more importantly, the level of physical and intellectual commitment.

We, educators of the GYROTONIC EXPANSION SYSTEM®, do understand that this is a big investment and demands a great amount of commitment so, after completing this initial phase, the teacher will guide the student regarding if he/she needs more classes or is already able to move on to the next step; the Pre-Training Course.

## GYROTONIC® PRE-TRAINING

**Prerequisite:** have done at least 20 lessons or have participated in the introductory workshop

**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.

**Conducted by:** A Gyrotonic Pre-Trainer or a Gyrotonic Master Trainer.

**Length / Hours:** 6 days /30 hours

## GYROTONIC® FOUNDATION TRAINING

**Prerequisite:** Successful completion of the course of pre-training

**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.

**Conducted by:** A Gyrotonic Master Trainer.

**Length / Hours:** 12 days / 60 hours

**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.

### **GYROTONIC® APPRENTICESHIP**

**Prerequisite:** have successfully completed the Level 1 Foundation Training

**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.

**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 to 12 months

**Hours:** 60 hours of teaching the customer + 30 hours of supervised training for 6 days

### **GYROTONIC® FINAL CERTIFICATION COURSE**

**Prerequisite:** Successful completion of the Gyrotonic apprenticeship requirements

**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.

**Duration:** 3 days / 17 hours

### **CONTINUING EDUCATION**

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.

For more information, visit [gyrotonic.com](http://gyrotonic.com)

GYROTONIC®, GYROTONIC® & Logo, GYROTONIC EXPANSION SYSTEM®, GYROKINESIS®, GYROTONER®, Cobra®, and *The Art of Exercising and Beyond*® are registered trademarks of Gyrotonic Sales Corp.

