

Become a certified Gyrokinesis® Level 1 Trainer

Standard Prices set by Gyrotonic Sales Corp.

1. Pre-Training (Beginners Course):

Learning the basics will enable you to experience the system's inner workings and effects on your own body. Once you have successfully completed the Beginners Course, you can register for a Foundation Course anywhere in the world.

Lenght: 6 days

Price: 550.—Euro + 100.—Euro studiofee

Requirements: none, recommendation: some Gyrotonic® privat classes

2. Foundation Course:

This course expands and deepens the knowledge gained in the Beginners Course. You will acquire the complete methodology and teaching skills included in the Level 1 Program. Through verbal instruction and physical guidance, you will learn to reinforcing the correct execution of breathing patterns synchronized with the corresponding movement. From now on, you are allowed to work with clients as an apprentice.

Lenght: 9 days

Price: 950.—Euro + 120.— Euro studiofee

Requirements: successfull completion of the Pre-Training (Beginners Course), copy of „Pre-Trainer Qualification Agreement“, regular self-training

3. Apprenticeship and Supervision:

During the Gyrokinesis teacher training education, you need to spend at least 30 hours working with clients. After a minimum of 15 hours with clients you are allowed to take the Supervision Course. During Supervision, the skills you learned on the Foundation Course are repeated and expanded. You will also be prepared for Certification. After Supervision another 15 hours of client teaching is required before applying for Certification.

Lenght: 3 days

Price: 350.—Euro + 50.— Euro studiofee

Requirements: 30 hours of teaching privat clients or/and group-classes.

4. Certification:

A three day seminar that, alongside providing new insights, focuses on the quality of participant's own movements and monitors their skills in instructing others. Upon successful completion, participants are authorized to use the system in public and for professional purpose in the form of a certificate.

Lenght: 3 days

Price: 350.—Euro + studiofee (price depending studio)

Requirements: successful completion of apprenticeship and Supervision.

5. Update Course:

In order to retain the certificate and license, teachers are obliged to attend a 3 day update course thaught by a Master Trainer every two years.