

STARTING THE GYROTONIC® CERTIFICATION PROCESS



STEP ONE: DEVELOPING YOUR PERSONAL PRACTICE

Anyone interested in teaching the Gyrotonic® method must begin the process by establishing a regular Gyrotonic® practice so as to experience the amazing benefits of this unique system of movement.

Prospective teachers benefit from regular private or group instruction on the Gyrotonic® apparatus for at least six months prior to taking a Gyrotonic® Pre-Training Course. At Spring Training® we offer a variety of session options for you to choose from to fit your schedule and budget needs. Talk to us directly to figure out the best option for you.

STEP TWO: PRE-TRAINING COURSES

The second step in becoming a certified Gyrotonic instructor is taking a Pre-Training Course to develop the knowledge necessary to work independently in the method. The pre-training process is not only open to those who

intend to pursue the teacher training path but is also available to those who simply want to deepen their understanding of the Gyrotonic method.

This intensive six-day course reviews all material in the Level I pre-training curriculum giving each student an understanding of the purpose, intent and execution of the exercises. The course is focused on deepening the participant's knowledge of the mechanics and philosophies of the Gyrotonic method. At the end of the course, participants should be able to lead themselves through a full Gyrotonic workout without assistance.

If the student is on the certification path, they must participate in a Gyrotonic® Level 1 certification course within 3 months after completing their Pre-Training.

After completing the pre-training, students are eligible to book time in the studio for independent workouts. Spring Training schedules small group Pre-Training Course at least once per year, and Pre-trainers are available on an ongoing basis to schedule time in the studio for independent workout sessions to further their personal practice.