

GYROKINESIS® Pre-Training Qualification Agreement Extension Guidelines

Pre-Training Qualification Agreement Period

The Gyrokinesis Pre-Training Qualification Agreement period is valid for 3 months from the last day of the Gyrokinesis Pre-Training Course. In the event that a student exceeds the 3 month time period, a Pre-Training Qualification Agreement extension is required. This extension allows the student to participate in the foundation course.

Extension Requirements

1. Students must be registered for the Gyrokinesis Level 1 Foundation Course in order to receive an extension.
2. Extension requests must be emailed to Sarah Simpson at sarah@gyrotonic.com. Extension approval must be approved in writing/email by Sarah
3. Sarah will specify the requirements specific to that students situation, and will formally grant the extension. Extension requirements vary according to the length of time that will elapse between the Pre-Trainin and Foundation Courses. Extension requirements are outlined in the following charts. Extensions are valid until the date of the foundation course.

Length of time between Pre-Training Course & Foundation Course	Extension Requirement
3-6 months	<p>If the student has access to a studio where he/she can take GYROKINESIS® classes:</p> <ol style="list-style-type: none"> 1. Practice the exercises on the Gyrokinesis Pre-Training Exercise List weekly. If possible, take weekly Gyrokinesis classes with a licensed Gyrokinesis Trainer 2. Practice the Gyrokinesis homework sequence at least 3 times per week. <p>If the student doesn't have access to a studio where he/she can take GYROKINESIS® classes: :</p> <ol style="list-style-type: none"> 1. Practice the Gyrokinesis homework sequence at least 3 times per week. 2. Practice the exercises on the Gyrokinesis Pre-Training Exercise List weekly. Maintain weekly personal workouts with one or more of the following GYROKINESIS® videos: <ul style="list-style-type: none"> ◦ GYROKINESIS® Spinal Essentials with Balancing Aerobic Sequence ◦ GYROKINESIS® - A Journey Through the Spine ◦ GYROKINESIS® Level 1 Beginner, Format 1

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& Foundation
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Extension Requirement

6-9 months

If the student has access to a studio where he/she can take GYROKINESIS® classes:

1. Practice the Gyrokinesis homework sequence at least 3 times per week.
2. Do one of the following:
 - Take at least one Gyrokinesis session per week (prior to the foundation course) with a licensed Gyrokinesis Trainer. Hours must be documented in the Pre-Training Extension log sheet (attached).
 - Review the Gyrokinesis Level 1 Pre-Training exercises with a licensed Gyrokinesis Pre-Trainer or a licensed Gyrotonic Master Trainer. Number of hours required will vary as outlined below:
 - 6 mo. between pre-training & foundation- 3 hours review with a Pre-Trainer, or Master Trainer
 - 7 mo. between pre-training & foundation- 6 hours review with a Pre-Trainer, or Master Trainer
 - 8 mo. between pre-training & foundation- 9 hours review with a Pre-Trainer, or Master Trainer
 - 9 mo. between pre-training & foundation- 12 hours review with a Pre-Trainer, or Master Trainer

If the student doesn't have access to a studio where he/she can take GYROKINESIS® classes:

1. Practice the Gyrokinesis homework sequence at least 3 times per week.
2. Practice the exercises on the Gyrokinesis Pre-Training Exercise List weekly. Maintain weekly personal workouts with one of the following **GYROKINESIS®** videos:
 - **GYROKINESIS®** Spinal Essentials with Balancing Aerobic Sequence
 - **GYROKINESIS®**- A Journey Through the Spine
 - **GYROKINESIS®** Level 1 Beginner, Format 1
3. Review the Gyrotonic Level 1 Pre-Training exercises with a licensed Gyrotonic Pre-Trainer or a licensed Gyrotonic Master Trainer. The student has the option to complete these hours all together over 1 or more days with the Foundation Course instructor,. Number of hours required will vary as outlined below:
 - 6 mo. between pre-training & foundation- 3 hours review with a Pre-Trainer, or Master Trainer
 - 7 mo. between pre-training & foundation - 6 hours review with a Pre-Trainer, or Master Trainer
 - 8 mo. between pre-training & foundation- 9 hours review with a Pre-Trainer, or Master Trainer
 - 9 mo. between pre-training & foundation - 12 hours review with a Pre-Trainer, or Master Trainer

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Extension Requirement

**10 mo.-12
months**

4. Review the entire Pre-Training Course exercise list with a licensed Gyrokinesis Pre-Trainer or a licensed Gyrokinesis Master Trainer. This review should be conducted over four days/ four hours per day for a total of 16 hours. The review must be conducted three months, or less before the foundation course.

Hours must be documented in the Pre-Training Extension Log Sheet (attached).

**More than 12
months**

1. Fulfill one of the following:
 - Re-take the Gyrokinesis Level 1 Pre-Training Course (30 hours)
 - Review the Gyrokinesis Level 1 Pre-Training exercise list with a Gyrokinesis Pre-Trainer or a Gyrokinesis Master Trainer privately (3-4 days/ 24 hours)

