



GYROKINESIS® Level 1 Apprenticeship Extension Guidelines

To receive a **GYROKINESIS®** Level 1 Apprenticeship Extension:

1. Students must be registered for the Gyrokinesis Level 1 Final Certificate Course in order to receive an extension.
2. Student must request an extension. Extension requests are emailed to Sarah Simpson at sarah@gyrotonic.com. Extension approval must be approved in writing/email by Sarah.
3. Once the specific requirements for the student are determined, Sarah will provide the student with verification of extension approval.
4. Extension requirements vary according to the length of time that will elapse between the original apprenticeship expiration (1 year after foundation course), and the Final Certificate Course. Extension requirements are outlined in the charts below. Approved extensions are valid until the final certificate course date.

length of time between original Apprenticeship expiration, and final certificate course	Extension Requirement
Up to 6 months	Student should continue to practice the Gyrokinesis Level 1 exercises independently, & take Gyrokinesis classes as regularly as possible prior to the final certificate course..
6-12 months	<p>4 hours of review</p> <ul style="list-style-type: none"> ◦ Student must review the Gyrokinesis Level 1 exercises with a Gyrokinesis Master Trainer of choice (doesn't have to be the same Master Trainer of the Supervised Apprentice Review Course). ◦ Recommendation: 4 hours should be done in one day. ◦ Extra classes must be entered into the Apprentice Log Sheet
12-18 months	<p>8 hours of review</p> <ul style="list-style-type: none"> ◦ Student must review the Gyrokinesis Level 1 exercises with a Gyrokinesis Master Trainer of choice (doesn't have to be the same Master Trainer of the Supervised Apprentice Review Course). ◦ Recommendation: 8 hours should be spread into 2 days with 4 hours each. ◦ Extra classes must be entered into the Apprentice Log Sheet
18-24 months	<p>Student must either:</p> <ul style="list-style-type: none"> ◦ Re-take the entire Supervised Apprentice Review Course with a Gyrokinesis Master Trainer of choice (doesn't need to be the Master Trainer of the original Supervised Apprentice Review Course). The Apprentice Log Sheet must show 2 Supervised Apprentice Review Courses total. ◦ Or, If the Apprentice Review Course is taken only once, the apprentice must take 12 private classes with a Master Trainer to review the material one more time. ◦ Extra classes must be entered into the Apprentice Log Sheet
More than 2 years	Student must re-start the GYROKINESIS® Teacher Training Program as a new student. Students who are physically fit, and actively practicing the Gyrokinesis Level 1 exercises on a regular basis may have the option of proceeding directly to the Gyrokinesis Level 1 Foundation Course, without re-taking the Pre-Training course.



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Apprenticeship Extension Example:

Sally takes the Foundation Course January 2013
Sally's regular apprenticeship is valid until January 2014

Sally's extension guidelines:

Extension 6 months	Until July 2014	No extra classes
Extension 12 months	Until January 2015	4 extra classes
Extension 18 months	Until July 2015	8 extra classes
Extension 24 months	Until January 2016	Re-take the supervised apprentice review or 12 private classes with a Master Trainer.
Extension 24 months +	After January 2016	Re-enter the teacher training program as a new student. <i>*If Sally has been taking regular Gyrokinesis classes, and has been practicing the Foundation Course material on a consistent, regular basis, it may be possible for her to skip the Pre-Training Course.</i>