



GYROTONIC® Level 1 Apprenticeship Extension Guidelines

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

1. Students must be registered for the Gyrotonic 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 Gyrotonic Level 1 exercises independently, & take Gyrotonic classes as regularly as possible prior to the final certificate course..
6-12 months	4 hours of review <ul style="list-style-type: none"> ◦ Student must review the Gyrotonic Level 1 exercises with a Gyrotonic 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	8 hours of review <ul style="list-style-type: none"> ◦ Student must review the Gyrotonic Level 1 exercises with a Gyrotonic 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	Student must do one of the following: <ul style="list-style-type: none"> ◦ Re-take the entire GYROTONIC® Supervised Apprentice Review Course with a Gyrotonic 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. ◦ Take 12 private classes with a Master Trainer to review the material. Apprentice log sheet must show one Supervised Review Course, and also 12 extra Master Trainer hours. ◦ Re-take the GYROTONIC® Foundation Course. <ul style="list-style-type: none"> ◦ Extra classes must be entered in to the Apprentice Log Sheet
More than 2 years	Student must re-start the GYROTONIC® Teacher Training Program as a new student. <i>Students who are physically fit, and actively practicing the Gyrotonic Level 1 exercises on a regular basis may have the option of proceeding directly to the Gyrotonic Level 1 Foundation Course, without re-taking the Pre-Training course.</i>



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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) re-take the foundation course, (or) review the curriculum in 12 private classes with a Master Trainer.
Extension 24 months +	After January 2016	Re-enter the teacher training program as a new student. If Sally has been practicing the foundation course material regularly, she may have the option of re-entering the program with the foundation course.