

## Extensions-Special Terms for 2023

The following guidelines were developed to accommodate those students who have experienced course delays due to covid19 related schedule disruptions. These guidelines apply to all course students who fall within the parameters listed below and are applicable until December 31, 2023. For all courses beginning January 1, 2024, the standard extension terms will apply.

### Pre-Training Course Qualification Extension:

Extension requirements for students who have taken the Pre-Training Course and will proceed to the Foundation Course in 2023

Year Pre-Training Course was taken	Review required to enter the Foundation Course in 2023
<b>Before 2022</b>	Retake the Pre-Training Course or review the entire Pre-Training exercise list privately with a Pre-Trainer or Master Trainer.
<b>2022</b>	Extension is granted for one calendar year from the last day of the Pre-Training Course
<b>2023</b>	Extension is granted for a maximum of 6 months from the last day of the Pre-Training Course

### Review Requirement:

Students are required to practice the Pre-Training Exercise list regularly between the Pre-Training Course and the Foundation Course.

*Options are:*

- taking in-studio or virtual Level 1 private classes with a licensed trainer, if possible a Pre-Trainer
- taking in-studio or virtual Level 1 group classes with a licensed trainer, if possible a Pre-Trainer

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### Apprenticeship Extension:

Requirements for those students who will exceed the one year time limit between the **Foundation Course** (not the Apprenticeship Review Course) and the Final Certificate

Year Foundation Course was taken	Review required to enter Final Certificate Course in 2023
2018	<p><b>A. For those who have not yet taken the Apprenticeship Review Course:</b> Retake the Foundation Course</p> <p><b>B. For those who have taken the Apprenticeship Review Course:</b> Retake the Apprenticeship Review Course + up to 8 additional class hours (Extra hours are determined by the Master Trainer conducting the Apprenticeship Review Course.) or retake the Foundation Course.</p>
2019-2020	<p><b>A. For those who have not yet taken the Apprenticeship Review Course:</b> Take the Apprenticeship Review Course + up to 8 additional class hours (Extra hours are determined by the Master Trainer conducting the Apprenticeship Review Course.) or retake the Foundation Course.</p> <p><b>B. For those who have already taken the Apprenticeship Review Course:</b> Option 1: Retake the Apprenticeship Review Course or retake the Foundation Course Option 2: Confirm that you participate regularly in classes in-studio or online with a licensed Trainer + take EIGHT in-studio private classes with a Master Trainer prior to the Final Certificate Course.</p>
2021	Extension is automatically granted until December 31, 2023
2022	Extension is automatically granted for 18 months of apprenticeship instead of 12 months of apprenticeship.

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## Regular Practice

Students are required to practice regularly between the Foundation Course and the Final Certificate Course.

Options are:

- taking in-studio or online Level 1 private classes with a licensed trainer, if possible a Master Trainer
- taking in-studio or online Level 1 group classes with a licensed trainer, if possible a Master Trainer

Apprentices are required to conduct all “teaching client classes” as in-studio and in-person session. The Supervised Apprentice Review Course is a in-studio, in-person course only.

## License Extension

Trademark licenses expire three years after foundation course attendance. If your trademark license is expired, please contact Sarah Rieder at [srieder@gyrotonic.com](mailto:srieder@gyrotonic.com) .

Apprentices are eligible to purchase a 12 months (or longer if needed) license extension and should do so right away.

Successfully completing the Final Certificate Course allows for the trainer the purchase of a 2-years license after the 12 months / previous license expired.