

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. 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 foundation course and final certificate course	Extension Requirement
1-1.5 year btwn. courses	Student should continue to practice the Gyrokinesis Level 1 exercises independently, & take Gyrokinesis classes as regularly as possible prior to the final certificate course..
1.5-2 years between courses	4 hours of review <ul style="list-style-type: none"> ◦ Student must review the Gyrokinesis Level 1 exercises with a Gyrokinesis Master Trainer of choice (Review doesn't have to be completed by the same Master Trainer of the Apprentice Review Course). ◦ If possible, all 4 hours of review should be completed in one day.
2-2.5 years between courses	8 hours of review <ul style="list-style-type: none"> ◦ Student must review the Gyrokinesis Level 1 exercises with a Gyrokinesis Master Trainer of their choice (It doesn't have to be the same Master Trainer of their Apprentice Review Course). ◦ If possible, 8 hours should be completed in 2 days with 4 hours of review each day. ◦ Extra classes must be entered into the Apprentice Log Sheet
2.5-3 years between courses	Student must either: <ul style="list-style-type: none"> ◦ Retake the entire Apprentice Review Course with a Gyrokinesis Master Trainer of their choice (This doesn't need to be the Master Trainer of the original Apprentice Review Course). The Apprentice Log Sheet must show 2 Apprentice Review Courses have been completed. ◦ Or, If the Apprentice Review Course is taken only once, the apprentice must take 12 private classes with a Master Trainer to review both Gyrokinesis formats. ◦ Extra classes must be entered into the Apprentice Log Sheet
More than 3 years between courses	Student must reenter the GYROKINESIS® Teacher Training Program as a new student. Students who are physically fit and who are taking Gyrokinesis Level 1 classes with a licensed Trainer on a regular basis may have the option to proceed directly to the Gyrokinesis Level 1 Foundation Course without retaking the Pre-Training course.



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Apprenticeship Extension Example:

Sally takes the Foundation Course January 2023
Sally's regular apprenticeship is valid until January 2024

Sally's extension guidelines:

Extension 6 months	Until July 2024	No extra classes
Extension 12 months	Until January 2025	4 extra classes
Extension 18 months	Until July 2025	8 extra classes
Extension 24 months	Until January 2026	Retake the supervised apprentice review or 12 private classes with a Master Trainer.
Extension 24 months +	After January 2026	Reenter 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 regular basis, it may be possible for her to skip the Pre-Training Course and proceed directly to the Foundation</i>