

EXTENSION GUIDELINES

last updated 1/10/2025

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 extensions@gyrotonic.com. Written/Email approval is required
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 years btwn. courses	Student should continue to practice the Gyrotonic Level 1 exercises independently & take Gyrotonic 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 review the Gyrotonic Level 1 exercises with a Gyrotonic Master Trainer of their choice. (It doesn't have to be the same Master Trainer of their Apprentice Review Course). ◦ If possible, 4 hours of review should be completed in one day. ◦ Extra classes must be entered into the Apprentice Log Sheet
2-2.5 years between courses	8 hours of review <ul style="list-style-type: none"> ◦ Student review the Gyrotonic Level 1 exercises with a Gyrotonic Master Trainer of their choice. (It doesn't have to be the same Master Trainer of their 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

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length of time between foundation course and final certificate course	Extension Requirement
2.5-3 years between courses	<p>Student must do one of the following:</p> <ul style="list-style-type: none"> ◦ Retake the entire GYROTONIC® Supervised Apprentice Review Course with a Gyrotonic Master Trainer of choice (It doesn't need to be the Master Trainer of the original 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 level 1 curriculum. The Apprentice log sheet must show one Supervised Review Course and also 12 extra Master Trainer class hours. ◦ Retake the GYROTONIC® Foundation Course.
More than 3 years between courses	<p>Student must restart the GYROTONIC® Teacher Training Program as a new student.</p> <p><i>Students who are physically fit and who are consistently taking Gyrotonic Level 1 classes over an extended amount of time with a licensed Gyrotonic Trainer may have the option to proceed directly to the Gyrotonic Level 1 Foundation Course without retaking the Pre-Training course.</i></p>