

## GYROKINESIS® Continuing Education Course

Continuing Education Course	License renewal for:		
Gyrokinesis Method	Gyrotonic Trainer Level 1	Gyrokinesis Trainer Level 1	Gyrotonic and Gyrokinesis Trainer Level 1
Level 1 Standard Update	No	Yes	Yes
Level 2 Beginner	No	Yes	Yes
Level 2	No	Yes	Yes
Specialized Courses	No	Yes	Yes
Cardiovascular Breathing Course	Yes	Yes	Yes
Initial Pre-Trainer Qualification Course	No	Yes	Yes
Annual Pre-Trainer CEC	No	Yes	Yes
Jumping Stretching Board	Yes	Yes	Yes
Jumping Stretching Board Refresher	Yes	Yes	Yes
Leg Extension Unit	Yes	Yes	Yes
Leg Extension Unit Refresher	Yes	Yes	Yes
Archway Level 1 Refresher	Yes	Yes	Yes