

## GYROTONIC® Pre-Training Course profile:

1. For the students to experience the material from the Pre Training Course exercise list edition 2010 in their bodies. By the end of the course each student must be capable of the physical execution of all exercises following the basic movement pattern. All students are asked to make an effort to learn the names of the exercises **in English**.
2. For the students to experience all basic hands on as used in the Foundation Course PLUS individual applications. By the end of the course the student should be aware that the application of “hands on” is a basic ingredient of the Foundation Course.
3. For the students to experience progression one as laid out in the Foundation manual edition 2010. By the end of the course the student should understand the systematic “composition for a standard Gyrotonic session”.
4. For the students to learn the homework sequence 2010. By the end of the course the student must be able to execute the entire homework series. All students are asked to continue with the homework sequence until the time of the Foundation Course.
5. For the students to experience the systematic approach to a Gyrotonic session. By the end of the course the student must be able to compose an independent 60 minutes session. All students are asked to continue with regular sessions until the time of the Foundation Course. If the local situation does not allow so, the Pre Trainer will give options to the candidate.
6. For the students to learn about the individual modifications. By the end of the course the students should understand those modifications for themselves so they can be safe during the Foundation Training.