

GYROTONIC® MELBOURNE
And
Energy Kinetics® Instructor Training
WILL CONDUCT A
GYROKINESIS® PRE TRAINING
FEBRUARY 21–24 and 27-28, 2019
WITH
SPECIALIZED MASTER TRAINER
DANA RADER

AT

STUDIO A 2 PERCY STREET
PRAHRAN VIC 3181 AUSTRALIA
TELEPHONE 61395338400



The Pre-Training course is 6 days, and will consist of 4 - 5 hours of instruction each day. The first day we will work on the principals and breaking down the sequencing of the **GYROKINESIS®** format 1 class. The balance of the days Dana will teach the **GYROKINESIS®** format 1 class in the morning session, the afternoon session will focus on the execution of the exercises in the student's body and applying the principals of the method. This training is the prerequisite for the level 1 **GYROKINESIS®** foundation teacher training. The pretraining is also beneficial for students interested to learn the work in their own body intensively, as the main focus is on the physical execution of the exercises. For those students interested in continuing into instructor training the foundation training must be done within 12 weeks of completing their pretraining course.

The cost for this course including studio fee will be \$850.00 AUD. A 50% deposit will be required by January 11, 2019 balance due on the first day of the course, February 21, 2019. Deposits are non-refundable.

For further information regarding this training please contact Dana Rader at Energy Kinetics 0395338400 or dana@energykinetics.com.au

Dana Rader is the director of **GYROTONIC® Melbourne**, Energy Kinetics® Studio and Energy Kinetics® Instructor Training in Melbourne, Australia. Dana is a specialized **GYROTONIC®** and **GYROKINESIS** International Master Trainer as well as a **GYROTONIC® Level 2** Master Trainer.

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