

In-Spiraling Movement Arts

**GYROTONIC®, GYROKINESIS®, Specialized Equipment, and Workshop
Calendar**

MAY 17th, 2010

GYROTONIC® Level 1 Pre-Training Course

6 Day Course Total Price: \$950 Includes- Studio fee & Deposit: \$100

Times: Fri & Sat: 2-6pm, Sun: 12-5pm (with possible additional hours)

Dates: **June 18, 19, 20 and June 25, 26, 27th 2010**

Taught by GYROTONIC® PRE-TRAINER DEVON DIONNE –Balance due to Devon

GYROTONIC® Level 1 Foundation Course (Pre-requisite: completion of GYROTONIC® Pre-training course)

12 day Course/Total Price: \$1,750.00 Includes - Studio fee/Deposit: \$500

July 9-12 & 16-19 & 23-26th, 2010

With Authorized Master Trainer Lisa Marie

GYROTONIC® Level 1 Certified & Pre-Trainer Update Course (Pre-requisite completion of Level 1)

Times: Fri 2-6pm / Sat and Sun 10am-2pm

3 Day Course Total Price: \$500 Studio fee/Deposit: \$175

Dates: **Oct 22-24, 2010**

With Authorized Master Trainer Lisa Marie

GYROTONIC® Level 2 Pre-Training Course (Pre-requisite: GYROTONIC® Level 1)

3 Day course Total Price: \$500 (Studio fee is Deposit: \$150)

Dates: **December 10-12th, 2010**

With Authorized Master Trainer Lisa Marie

GYROKINESIS® Level 1 Pre-Training (Pre-Requisite: attended minimum of 10 GYROKINESIS® classes)

6 Day Course Total Price: \$950 Includes- Studio fee & Deposit: \$100

Dates: **September 17, 18, 19 and Sept 24, 25, 26th, 2010**

Taught by GYROKINESIS® PRE-TRAINER IRENE PULLI –Balance due to Irene 1st day of course

GYROKINESIS® Level 1 Foundation Course (Pre-requisite: completion of GYROKINESIS® Pre-training course)

9 day Course / Total Price: \$1200.00 Includes - Studio fee /Deposit: \$400

Dates: **Nov 5, 6, 7 & 12, 13, 14 & 19,20,21, 2010**

With Authorized Master Trainer Lisa Marie

GYROKINESIS® L.1 Certified & Pre-Trainer Update Course (Pre-requisite L.1 Certificate)

3 Day course / Total Price: \$500 Includes - Studio fee / Deposit \$175

Times: 10am-2pm

Dates: **Oct 8-10th, 2010**

With Authorized Master Trainer Lisa Marie

HIP / KNEE Rehab “Getting hip with GYROTONIC® Workshop
Based on Juliu Horvath’s rehab principles including acupressure tie band technique and massage.

(Pre-requisite **GYROTONIC® Level 1** certified and updated)

3 Day

August 16-18th at East Bank Club, Chicago contact Tim Lester for course details and booking: TLester@EastBankclub.com

With Authorized Master Trainer Lisa Marie

ARCHWAY Course: (Pre-requisite completion of Level 1)

7 Day Course, 6hrs per day Total Price: \$1,050.00 (includes studio fee: \$300) Deposit: \$300

Times: 9am-12pm -break- 2-5pm Dates: **August 22-28th, 2010**

With Authorized Master Trainers **Sebastian Plettenberg & Lisa Marie**

Leg Extension Unit (Pre-Requisite: **GYROTONIC® Level 1 Certificate**)

5 Day course /Total Price: \$800 Studio fee /Deposit: \$150

Dates: **Fall TBA, 2010**

With Authorized Master Trainer **Lisa Marie**

GYROTONIC® Level 2 Course (Pre-requisite: **GYROTONIC® Level 2 Pre-Training**)

Taught by Lisa Marie

Dates: **Spring TBA, 2011**

With Authorized Master Trainer **Lisa Marie**

COURSES TBA 2010

GYROTONIC® Supervised Apprentices Hours (Pre-requisite: **GYROTONIC® Apprentices Certificate**)

Module One and Two

3 Day course Total Price: \$450 Studio fee /Deposit: \$150

6 Day course Total Price: \$900

Dates: **TBA 2010 / 2011**

GYROKINESIS® Apprentices Review (Pre-Requisite: Completion of Foundation)

3 Day course Total Price: \$450 Includes - Studio fee / Deposit \$150

Times: Fri 2-6pm / Sat 1-5pm / Sun 10-2pm

Dates: **TBA 2011**

Release Your Neck & Shoulders

2 day course TBA

JUMPING STRETCHING BOARD (Pre-requisite: **GYROTONIC®** Level 1)

7 Day course / Total Price: \$1050 deposit: \$400

Dates: **TBA 2010**

GYROTONIC® Applications for Golf with David and Jeannie Rasmussen

(Pre-requisite **GYROTONIC®** Level 1 certified and updated)

3 day Course / Total Price: \$650 Includes –Studio fee/deposit: \$200

Times: 10am-4pm (Friday Registration 9am)

Dates: **TBA**

GYROTONER®

4 Day Course Total Price: \$750.00 Includes - Studio fee/Deposit: \$200

Times: Dates: **TBA 2010**

GYROKINESIS® Level 2 Beginner Course

6 Day Course Total Price: \$900 Studio fee: \$150 /Deposit: \$350.00 Times: Fri 2-6 / Sat

1-5 / Sun 1-5pm Dates: **TBA 2011**

“Floating Exercises” Workshop (Pre-requisite L.1 Certificate)

2 Day course / Total Price: \$350 Includes Studio fee / Deposit: \$100

Times: Sat: 12-4pm / Sun 10am -2pm

Dates: **TBA, 2011**

Scoliosis Workshop

2 day course

Rice Release Technique™

Courses Offered TBA Spring 2010 ☺

Lower Body:

Upper Body:

Overall Review:

Overall Review Prerequisite: having taken Upper Body and Lower Body courses

Duration of each Course: 2 Days, 8 hrs total

Price: \$350 including \$150 Non refundable Deposit

Deposit for all three Courses: \$900 for all three courses (\$150 discount) Deposit

\$350.00

1st Course includes: “The concise Book of Anatomy” and 5oz bottle of Arnica Gold™

In-Spiraling Movement Arts:

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310) 235-2117. Email info@in-spiraling.com or Lisamarie@in-spiraling.com

www.In-Spiraling.com

All courses are conducted at In-Spiraling Movement Arts unless specified otherwise.

Cancellation of courses is contingent upon confirmation of not less than 6 candidates.

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