

# Apprentice Review Process

Here are Juliu's current requirements for attending GYROTONIC® Level I *Apprentice Review Updates*.

- If you completed your GYROTONIC® Foundation Level I course *prior* to June 1, 2006, then, complete your practice teaching and the 20-hour supervised Apprentice Review course before signing up for certification with Juliu.
- If you took the Foundation Level I course *after* June 1, 2006, then you are required to complete 30 hours of supervised Apprentice Review. You have the following two options to complete this 30 hour review

**Option One: Attend two separate three-day *Apprentice Reviews* that total 30 hours.**

Here's the process:

1. Complete 20 hours of *practice teaching* with a certified Gyrotonic trainer
2. Attend a Part I Apprentice Review that is 15 hours over 3 days
3. Complete another 20 hours *practice teaching*
4. Attend a Part II Apprentice Review that is also 15 hours over 3 days
5. Complete another 20 hours *practice teaching*
6. Complete your final certification with Juliu

*You may mix and match between the apprentice review dates. Just make sure you choose one from Part I and one from Part II.*

**Option Two: Attend one six-day Apprentice Review that totals 30 hours.**

Here's the process:

1. Complete 30 hours of *practice teaching* with a certified trainer
2. Attend the 6-day Apprentice Review that is 30 hours
3. Complete another 30 hours *practice teaching*
4. Complete your final certification with Juliu

*Gyrotonic Manhattan offers both of the three and six day Apprentice Reviews.*

Please call us at 212-459-3369 if you have questions or to reserve a spot.

[www.GyrotonicManhattan.com](http://www.GyrotonicManhattan.com)

Your GYROTONIC® Training Center