



GYROTONIC®
MANHATTAN

REGISTRATION FORM FOR:

Gyrotonic® Applications for Osteoporosis

with Master Trainer Justine Bernard, DPT

October 15-17, 2010

Hours: Friday and Saturday: 9-11:30AM and 1:30-4:00 PM

Sunday: 9 AM to Noon and 1-3 PM

Student Information: (Required*)

*Name _____

*Email address: _____

Phone # _____ *Mobile: _____

*Address: _____

*City: _____ *State: _____ *Zip Code: _____

This Course is hosted in the facilities of GYROTONIC® Manhattan, but is organized and run by Master Trainer Justine Bernard. A Non-Refundable Studio Fee of \$150 is required to reserve a place in the course, is payable to GYROTONIC® Manhattan by check, Visa/MC, Amex, or Discover, and can be submitted via regular mail, e-mail, or through our Mindbodyonline Secure Server.

Please bring cash or check payable to Justine Bernard for the course fee (\$350). Fee will be collected during the break on the first day. The course fee is non-refundable once the course has begun. Participant must sign up for all three (3) days of the course. For more information on the course fee email Justine@elementscenter.com

Credit Card Info: _____ (This info is necessary for the Studio fee)

Exp date: ____/____

An email with a receipt of purchase of the Studio Fee will be sent once the payment is processed, to confirm your enrollment. Please contact us for any inquiries or concerns at 212-459-3369 or email us at:

admin@gyrotonicmanhattan.com

GYROTONIC® Manhattan reserves the right to cancel or postpone the course due to lack of enrollment or other unforeseen circumstances, in which event the Studio Fee/Deposit will be refunded. GYROTONIC® Manhattan is not responsible for any hotel, airline, or transportation costs to or from the course. ALL PARTICIPANTS MUST BE GYROTONIC® LEVEL I CERTIFIED

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COURSE DESCRIPTION

This three-day course is designed for certified GYROTONIC® instructors to learn the definition, incidence, and pathophysiology of Osteoporosis and what we can do to help our clients prevent osteoporotic fractures and falls using the Gyrotonic method. The morning will begin with a discussion on osteoporosis; you will learn how to read a bone density scan, how to recognize a client who may be at risk, and some basics on nutrition and medications. The afternoon will consist of modifications of Level I material for clients with osteoporosis as well as programs approved by Juliu Horvath to help prevent bone loss and falls.

ABOUT THE INSTRUCTOR

Dr. Justine Bernard began studying GYROKINESIS®, then known as Yoga for Dancers, in 1994 with Hilary Cartwright and Juliu Horvath while on scholarship at The Ailey School for Dance in New York, NY. She became certified to teach GYROTONIC® exercise in 1997 and GYROKINESIS® in 1999. She received her Doctorate in Physical Therapy from Columbia University, College of Physicians and Surgeons, specializing in Neurological and Orthopedic Rehabilitation in 2003. In combining the GYROTONIC method with her knowledge of physical therapy, clients are able to transform their bodies from moving with restriction and unease to moving with freedom and joy. With the approval of Juliu Horvath, Dr. Bernard presented a workshop on GYROTONIC Exercise and Osteoporosis in April 2008 at the Mind Body Conference in California. At Elements Center in Washington, DC, she volunteers her time by offering regular Osteoporosis Support groups with the support of the National Osteoporosis Foundation.