

ELISA AMODEO- CV

Qualifications – Gyrotonic

Certification	Date	Instructor
GYROTONIC® Apprentice	1/7/2020	Silvia Frosali
GYROTONIC® Trainer	11/1/2020	Ferdinando Gagliardi

Qualifications – Gyrokinesis

Certification	Date	Instructor
GYROKINESIS® Apprentice	4/3/2016	Silvia Frosali
GYROKINESIS® Trainer	9/17/2017	Anke Hauerstein

Courses – Gyrotonic

Course	Date	Instructor
GYROTONIC® Level 1 Pre-Training Course	10/25/2019	Antonella Agati
GYROTONIC® Level 1 Foundation Course	1/7/2020	Silvia Frosali
GYROTONIC® Level 1 Final Certificate Course	11/01/2020	Ferdinando Gagliardi
GYROTONIC® Jumping-Stretching Board Course	9/5/2011	Ferdinando Gagliardi

Courses – Gyrokinesis

Course	Date	Instructor
GYROKINESIS® Level 1 Pre-Training Course	2/15/2016	Margherita Torri
GYROKINESIS® Level 1 Foundation Course	4/3/2016	Silvia Frosali

GYROKINESIS® Level 1 Final Certificate Course	9/17/2017	Anke Hauerstein
GYROKINESIS® Happy Moves Course	2/17/2019	Marika Vannuzzi
GYROKINESIS® Essentials	10/04/2020	Miriam Friedrich Honorio
GYROKINESIS® Happy Moves Course	4/03/2022	Elena Spaziani
Jewels of GYROKINESIS® Method	9/25/2022	Alessandro Pucci