

## MATTEO RUGGIERO - CV

### Qualifications – Gyrotonic

Certification	Date	Instructor
GYROTONIC® Apprentice	12/27/2009	Silvia Frosali
GYROTONIC® Trainer	11/28/2010	Leda Franklin

### Qualifications – Gyrokinesis

Certification	Date	Instructor
GYROKINESIS® Apprentice	6/19/2011	Pietro Gagliardi
GYROKINESIS® Trainer	5/12/2013	Silvia Frosali
GYROKINESIS® Pre-Trainer	4/22/2016	Silvia Frosali

### Courses – Gyrotonic

Course	Date	Instructor
GYROTONIC® Level 1 Pre-Training Course	11/17/2009	Luca Biasini
GYROTONIC® Level 1 Foundation Course	12/27/2009	Silvia Frosali
GYROTONIC® Level 1 Final Certificate Course	11/28/2010	Leda Franklin
GYROTONIC® Jumping-Stretching Board Course	9/5/2011	Pietro Gagliardi
GYROTONIC® Level 2, Program 1 Pre-Training Course	2/8/2015	Silvia Frosali
GYROTONIC® Level 2, Program 1 Course	5/4/2015	Silvia Frosali
GYROTONIC® Level 1 Update Course	2/7/2016	Silvia Frosali
GYROTONIC® Level 2, Program 2 Pre-Training	2/7/2016	Silvia Frosali
GYROTONIC® Level 2, Program 2 Course	4/25/2016	Silvia Frosali

GYROTONIC® Principles in the Context of Osteopathy	5/28/2017	Silvia Frosali
GYROTONER® Course- 6 days (legacy)	7/23/2019	Ferdinando Gagliardi

## Courses – Gyrokinesis

Course	Date	Instructor
GYROKINESIS® Level 1 Pre-Training Course	4/8/2011	Marika Vannuzzi
GYROKINESIS® Level 1 Foundation Course	4/8/2011	Pietro Gagliardi
GYROKINESIS® Level 1 Final Certificate Course	6/19/2011	Silvia Frosali
GYROKINESIS® Lotus Blossom, Program 1 Course	5/12/2013	Silvia Frosali
GYROKINESIS® Level 1 Update Course	6/24/2014	Silvia Frosali
GYROKINESIS® Pre-Trainer Update Course	3/24/2016	Silvia Frosali
GYROKINESIS® Pre-Trainer Update Course	2/19/2017	Silvia Frosali
GYROKINESIS® Pre-Trainer Update Course	2/4/2018	Silvia Frosali
GYROKINESIS® Breathing Course Experience with Juliu Horvath	9/8/2019	Juliu Horvath
GYROKINESIS® Pre-Trainer Update Course	9/8/2019	Juliu Horvath
GYROKINESIS® Pre-Trainer Update Course	2/9/2020	Silvia Frosali
GYROKINESIS® Pre-Trainer Update Course	4/10/2022	Miriam Friedrich Honorio
Miriam Friedrich Honorio	4/10/2022	Miriam Friedrich Honorio

## Licenses

Type	Country	Dates
GYROKINESIS® Apprentice	European Community	12/20/2020 - 12/20/2022
GYROTONIC® License	European Community	12/30/2020 - 12/30/2022