

## SARAH LOPES PENA- CV

### Qualifications – Gyrotonic

Certification	Date	Instructor
GYROTONIC® Apprentice	7/7/2006	Pietro Gagliardi
GYROTONIC® Trainer	9/9/2007	Gina Muensterkoetter

### Qualifications – Gyrokinesis

Certification	Date	Instructor
GYROKINESIS® Apprentice	11/25/2006	Pietro Gagliardi
GYROKINESIS® Trainer	6/29/2008	Juliu Horvath

### Courses – Gyrotonic

Course	Date	Instructor
GYROTONIC® Level 1 Pre-Training Course	6/9/2006	Silvia Frosali
GYROTONIC® Level 1 Foundation Course	7/7/2006	Pietro Gagliardi
GYROTONIC® Level 1 Final Certificate Course	9/9/2007	Gina Muensterkoetter
GYROTONIC® Level 2 Course (legacy)	5/25/2008	Gina Muensterkoetter
GYROTONIC® Applications for Scoliosis	5/28/2008	Paul Horvath
GYROTONIC® Applications for the Pelvic Girdle	9/2/2009	Paul Horvath
GYROTONIC® Applications for the Shoulder Girdle	4/11/2010	Uwe Herbstreit
GYROTONIC® Jumping-Stretching Board Course	9/5/2011	Pietro Gagliardi

GYROTONIC® Level 2, Program 1 Pre-Training Course	2/17/2013	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 Course	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
GYROTONIC® Course- 6 days (legacy)	7/23/2019	Ferdinando Gagliardi
GYROTONIC® Jumping- Stretching Board Refresher Course	7/26/2021	Ferdinando Gagliardi

## Courses – Gyrokinesis

Course	Date	Instructor
GYROKINESIS® Level 1 Pre- Training Course	10/16/2006	Magali Messac
GYROKINESIS® Level 1 Foundation Course	11/25/2006	Pietro Gagliardi
GYROKINESIS® Level 1 Final Certificate Course	6/29/2008	Juliu Horvath
GYROKINESIS® Lotus Blossom, Program 1 Course	6/24/2014	Silvia Frosali
GYROKINESIS® Breathing Course Intensive	5/1/2016	Pietro Gagliardi

