

THE LYNO ACADEMY

***COURSE
INFORMATION***

PRETORIA

THE LYNO METHOD

Background

The Lyno Method is a complimentary health modality that uses a holistic assessment to identify the areas in the body where unresolved physical and emotional trauma cause restrictions in fascia mobility; the cause of chronic pain and recurring injuries.

Benita Kropman developed the LYNO Method while working as a physiotherapist with elite athletes and triathletes in the 90's. Her frustration in dealing with chronic recurring injuries encouraged her to look towards the mobility of fascia and eventually resulted in this holistic methodology which assesses the full body and points towards the cause of chronic injuries.



LEARN

How To Do :

- a full body assessment of fascia mobility
- the Bunkie Test – assessing full body functionality
- the full body analysis – algorithms that shows up injury patterns
- use the LYNO application for all measurements and analysis
- a pain-free non-invasive technique of fascia release – aimed at the cause of the injury
- the Yellow Page wedges – reactivating function through proprioception
- lifestyle and training management to avoid injury patterns



#BecomeAGameChanger

**GET
RESULTS
FOR YOUR
CLIENTS**



WHAT MAKES US Different?

In the Lyno Method, our aim is to find the cause of the injury and not to focus on the symptom or location of the symptom. We assess the full body to find the exact locked patterns which are causing the recurring or chronic symptoms.

All our tests are measured and recorded, and progress is monitored throughout the process. Our aim is to guide the body to fully balanced and unrestricted movement, to perform at its optimum level.

4-MODULES

Per Course:

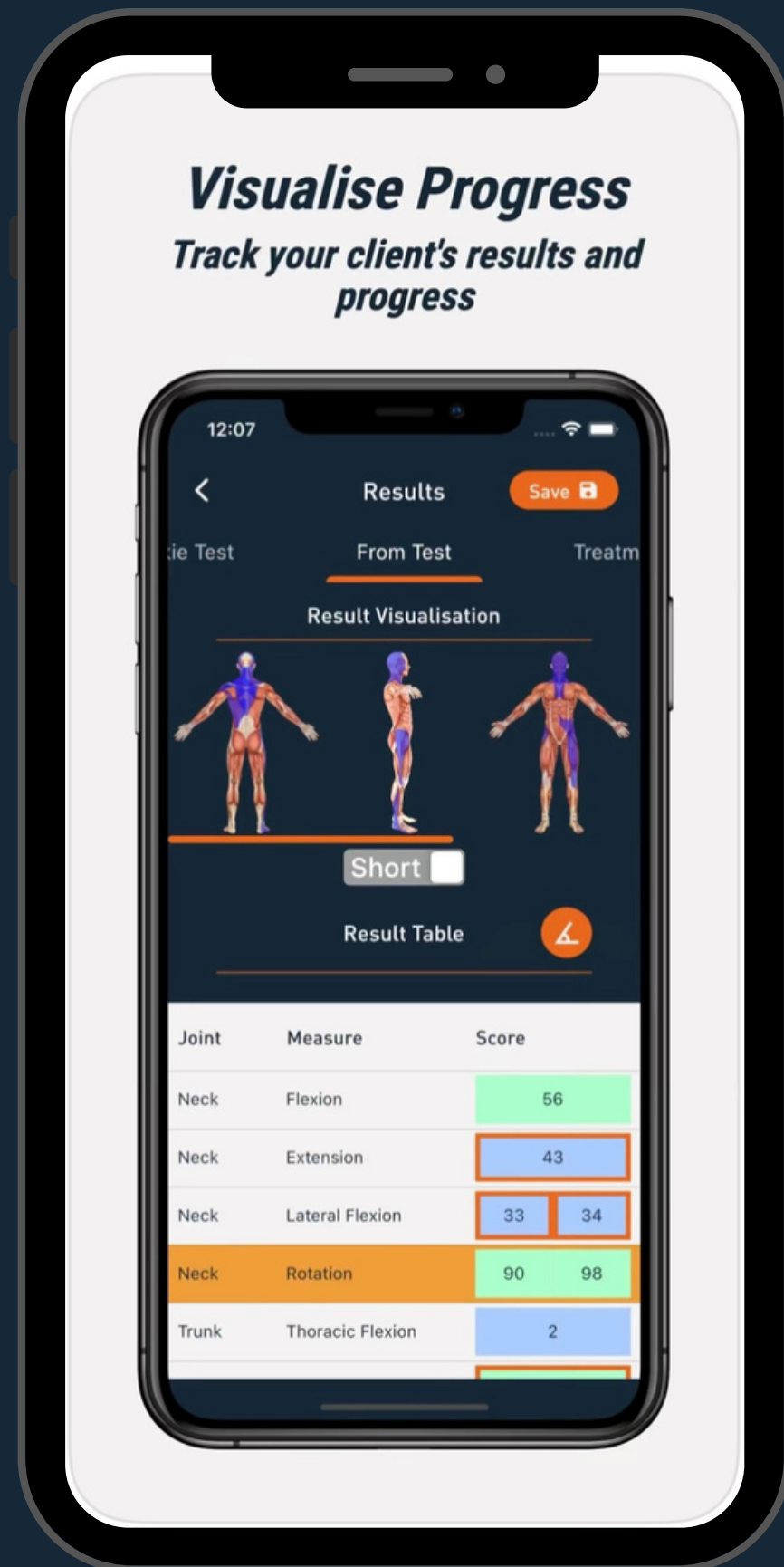
Module 1 – The assessment, analysis and release of linear movement patterns.

Module 2 – The assessment, analysis and release of the upper body and leg spiral patterns.

Module 3 – The assessment, analysis and release of the scapula and arm patterns.

Module 4 – A consolidation of the full assessment, analysis and release.





EACH STUDENT ***Receives:***

1. The pdf manual of the relevant course module on payment*
2. Access to the student version of the LYNO application for that specific module on the day of the practical module.
3. The digital manual of the course module on completion of Modules 1,2 and 3.

*Note that no refunds will be given once you have gained access to our intellectual property.

MORE ABOUT

The Course:

The student version of the LYNO application is used during the course and afterwards to record the case study information and data.

The digital manual acts as revision of the practical course and consists of text, pictures, videos and quizzes. Students are expected to work through the digital manual and complete all the quizzes before the start of the next module.

Attached to the digital course manual is the Student Declaration document, which should be signed by all students before they proceed with their case study work, as well as the Case Study Indemnity form which should be signed by all their case study volunteers.

Important!

Attendees must attend the course in the exact order. You may however attend a Module at a different venue, as long as your modules are done in the correct sequence.

PRE-READING FOR

The Course:

We expect that all attendees will be familiar with the basic knowledge of movement and the main muscles responsible for these movements. All the anatomy is included in the pdf manual which will be sent to you upon payment.





PRACTICAL Work:

Attendees are expected to complete 12 practical case study sessions after Modules 1 and 2 and 36 case study sessions after Module 3. The case study sessions are all recorded on the student application, and students need to upload their completed case study lists onto the digital manual to get access to the next course module.

NOTE! The case study work is compulsory and students who have not completed the required amount of case study sessions, will not be admitted to the next course module and will not get access to the next module's application or digital manual.

Access to the certification exam will be granted once a student has completed the final 36 practical sessions as well as Module 4. The Module 4 course is a consolidation course and consists of a series of practical case studies where students interact to practice problem-solving.

COST:

The cost of the full course is R16 600.00. Payments are due in 4 instalments, with the first payment (deposit) of R4 200.00 due on registration, the 2nd and 3rd payment of R4 200,00 will be due 1 month before Modules 2 and 3 and the final payment of R4 000.00 due 1 month before the 4th Module.

RECEIVE A 10% DISCOUNT: Pay for the full course up front and receive a discount of 10%. Once-off up front course fee: R14 940

Note that exams need to be done within 2 months after the Module 4 course. Only students who pass the online theory exam (included in the course price) and the practical exam will become certified practitioners and get access to the full LYNO application and brand content.

The cost of the practical exam is R1 800.00.

CERTIFICATION:

To become a CERTIFIED LYNO PRACTITIONER, a student must:

- Attend all 4 modules in the correct order
- Perform the total of 60 case study sessions as described (12 + 12 + 36)
- Pass the online theory exam with a minimum mark of 70%
- Pass the practical exam

As a certified practitioner you will pay a monthly subscription fee of R350.00 and this gives you access to the following:

- You are listed on the LYNO website
- You may advertise under the LYNO brand name and have access to all our marketing and branding material
- You have access to the LYNO application
- You receive all the updates of course materials, marketing, etc.
- You may attend any practical course modules at a 50% discount

NOTE: The yearly online Refresher course is compulsory at no extra charge.

2024 COURSE

DATES & VENUE:

Module 1: 9,10 March

Module 2: 13,14 April

Module 3: 18,19 May

Module 4: 20,21 July

Isa Carstens Academy

408 Lynnwood Road

Lynnwood

Pretoria



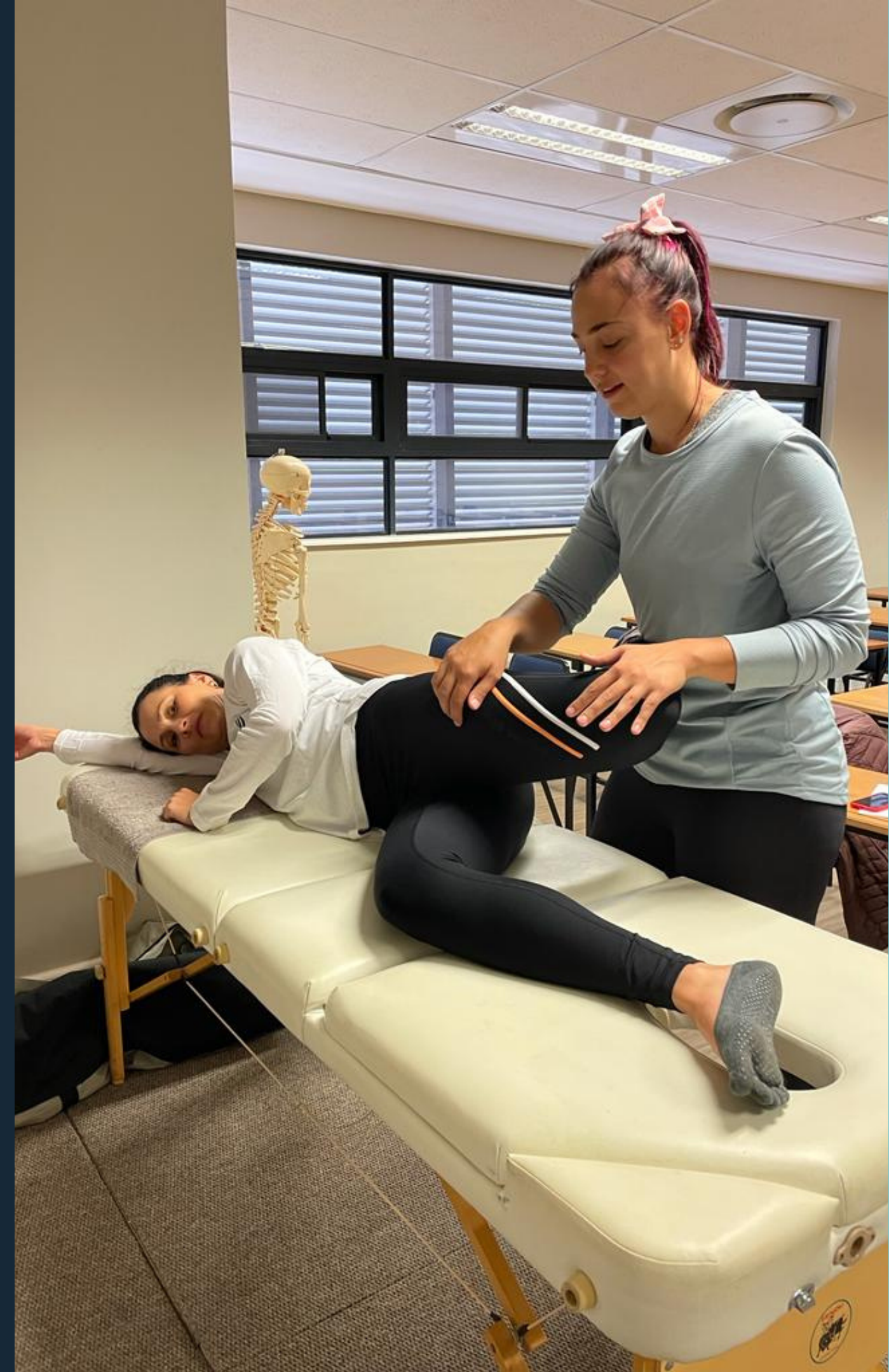
REGISTRATION:

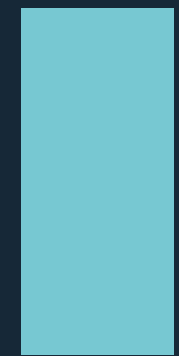
If you would like to register, please complete the booking form on the website.

Payment will confirm your reservation on the course. Should you need more information, please feel free to contact me.

I am looking forward to sharing my experience with you and hope that together, we will build a better future for our clients and patients!

Andria





CONTACT

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