



LYNO
A C A D E M Y

HYDERABAD

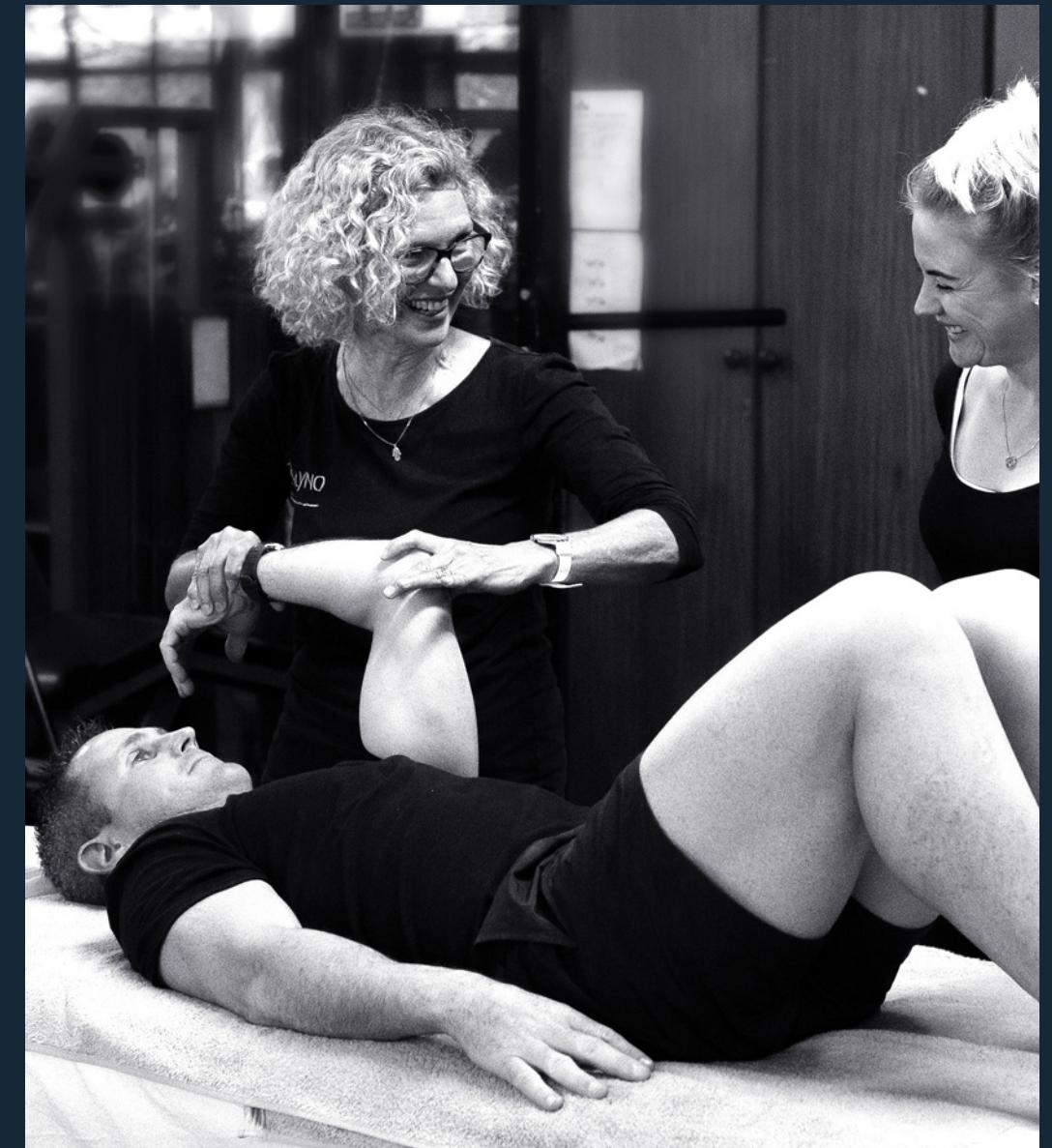
PRACTICAL COURSE INFORMATION

THE LYNO METHOD

BACKGROUND

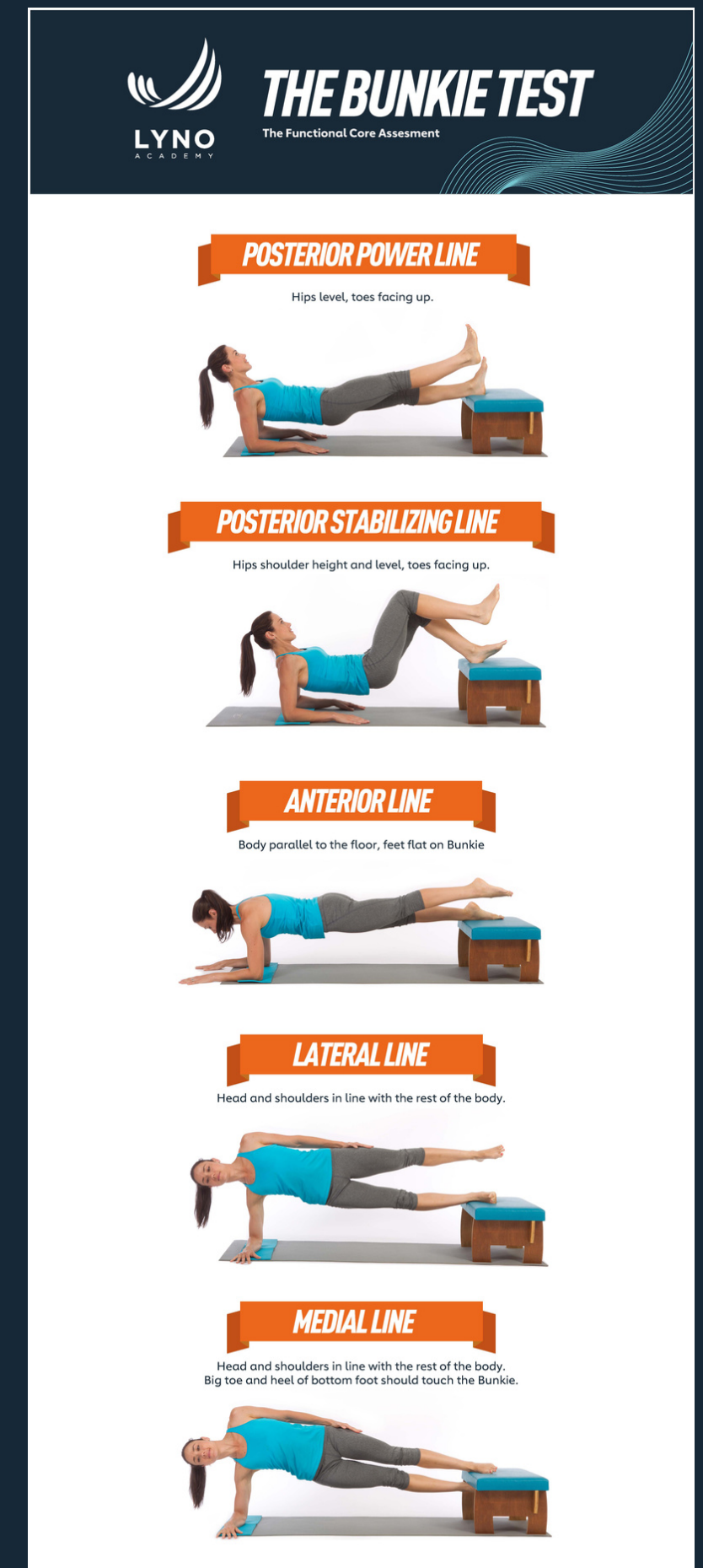
The Lyno Method is a complementary health modality that uses a holistic assessment to identify the areas in the body where unresolved physical and emotional trauma cause restrictions in fascia mobility, the main cause of chronic pain and recurring injuries.

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



LEARN HOW TO

- Reveal unresolved trauma with our Fascia Mobility Assessment – FROM TEST
- Assess full body functionality for targeted improvements with the BUNKIE TEST
- Perform a complete body analysis: our ALGORITHMS reveal injury patterns for personalised insights
- Utilise the LYNO APPLICATION: precision measurements and analysis for accurate results
- Perform a pain-free release: target the cause of injury with a non-invasive technique
- Build dynamic paper wedges: boost proprioception for optimal function
- Provide lifestyle and training management: prevent injury patterns with tailored guidance.



LYNO ACADEMY **THE BUNKIE TEST**
The Functional Core Assessment

POSTERIOR POWER LINE
Hips level, toes facing up.

POSTERIOR STABILIZING LINE
Hips shoulder height and level, toes facing up.

ANTERIOR LINE
Body parallel to the floor, feet flat on Bunkie

LATERAL LINE
Head and shoulders in line with the rest of the body.

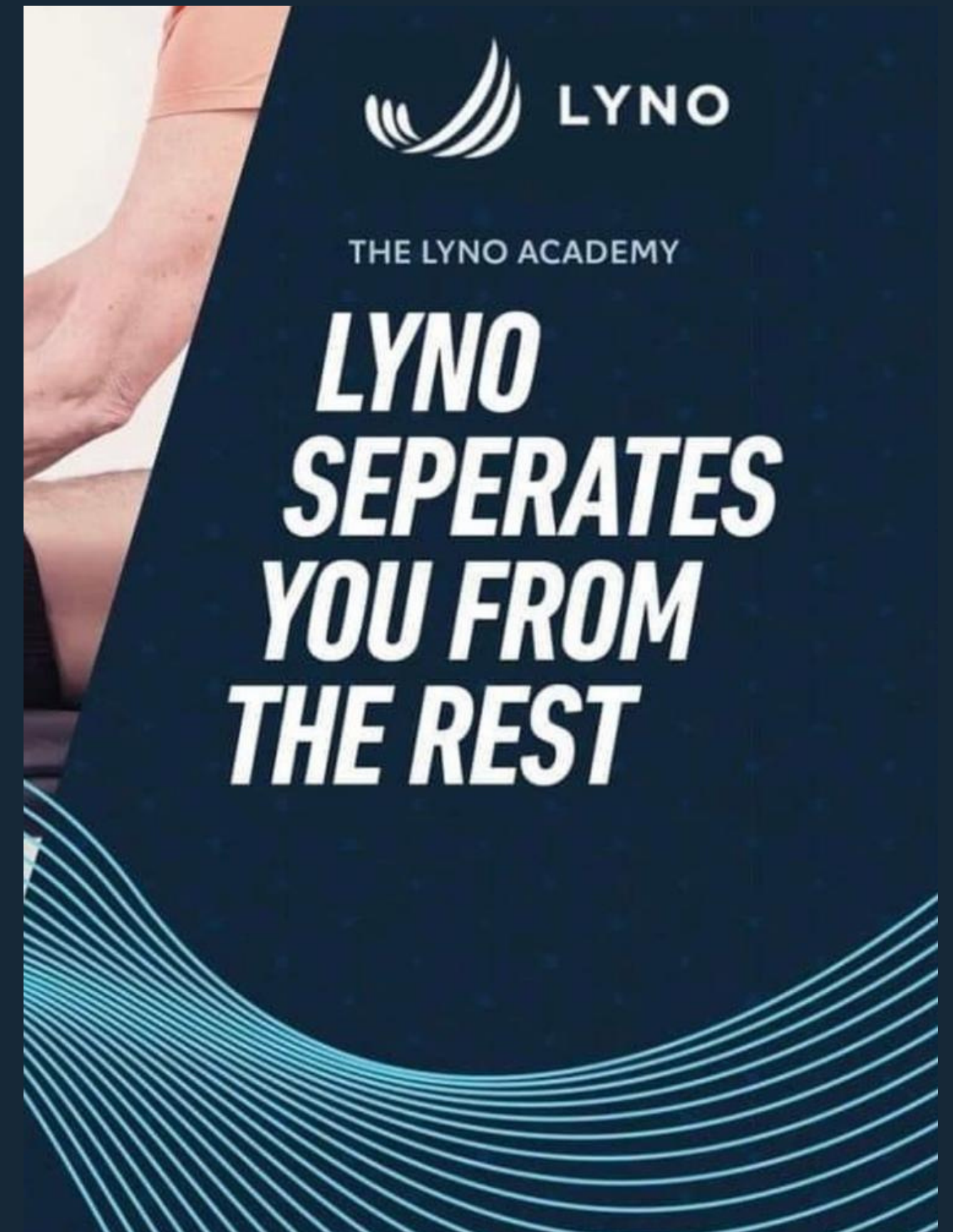
MEDIAL LINE
Head and shoulders in line with the rest of the body.
Big toe and heel of bottom foot should touch the Bunkie.

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.

**EXPERIENCE THE FUTURE OF PERSONALISED CARE –
EMBRACE PEAK PERFORMANCE WITH US.**



3 MODULES PER COURSE

MODULE 1

The assessment, analysis and release of linear movement patterns.

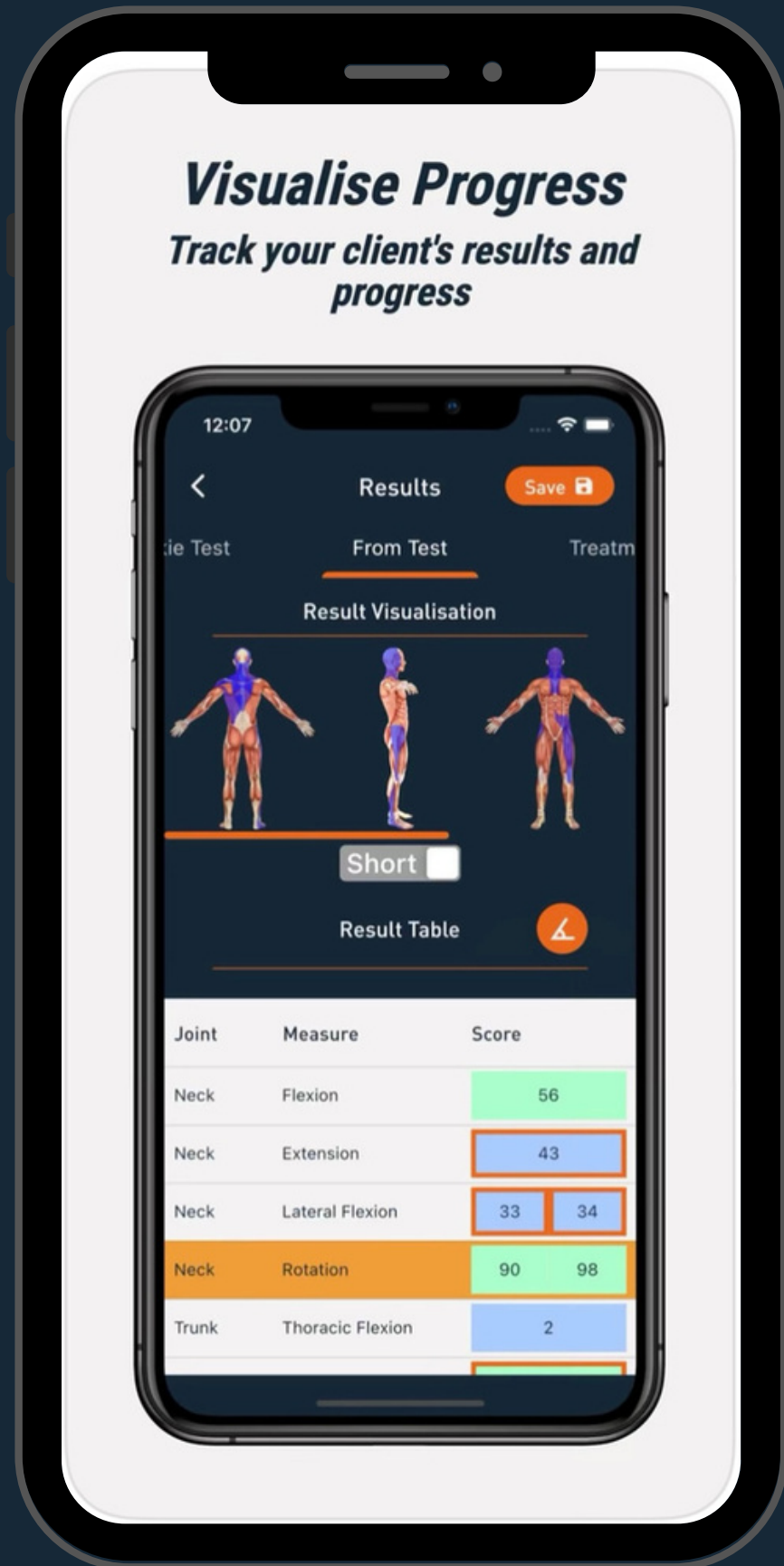
MODULE 2

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.





EACH STUDENT RECEIVES

- The pdf manual of the relevant course module
- The digital manual of the relevant course module
- Access to the student version of the LYNO application for that specific module on the day of the practical module.

PLEASE NOTE

No refunds will be given once you have gained access to our intellectual property.

ATTENDEE PREREQUISITES FOR OPTIMAL LEARNING

To maximize your experience, we assume attendees possess a fundamental understanding of movement principles.

This includes familiarity with:

- ① Planes of Movement: Frontal, sagittal, and transverse planes.
- ② Joint Movements Terminology: Mastery of terms such as flexion, extension, abduction, adduction, pronation, supination, and rotation.
- ③ Major Muscle Knowledge: Awareness of the primary muscles responsible for these movements.

THE LATERAL LINE



MUSCLES

Sternocleidomastoid
Upper Trapezius
Scaleni
External and Internal Costales
External Oblique
Internal Oblique
Quadratus Lumborum
Gluteus Medius
Gluteus Minimus
Tensor Fascia Lata
Iliotibial Band
Peronii

PRACTICAL WORK

➤ CASE STUDY REQUIREMENTS

- After Modules 1 and 2: Complete 12 practical case study sessions.
- After Module 3: Complete 36 practical case study sessions.

➤ SUBMISSION PROCESS:

- Record sessions on the student application.
- Upload completed case study lists to the digital manual for module access.

➤ CERTIFICATION EXAM ELIGIBILITY:

- Complete the final 36 practical sessions and the online theory exam for the practical certification exam access.

➤ NOTE

- Case study work is mandatory for module progression.
- Incomplete sessions deny access to the next module and related materials.



MORE ABOUT THE COURSE

➤ **LYNO APPLICATION AND DIGITAL MANUAL USAGE**

- The student LYNO application serves as a tool for recording case study information during and after the course.
- The digital manual is a comprehensive resource containing text, pictures, videos, and quizzes, acting as a practical course revision.

➤ **STUDENT ENGAGEMENT**

- Encouraged to work through the digital manual.
- Attend the weekly course Zoom meetings presented by Benita Kropman.
- Complete all quizzes before the next module for optimal understanding.

➤ **ATTACHED DOCUMENTS**

- The Student Declaration document, to be signed before commencing case study work.
- The Case Study Indemnity form, to be signed by case study volunteers.

IMPORTANT NOTE

- Attendees must follow the course sequence for optimal learning.
- While venues may vary, attending modules in the correct order is crucial.

CERTIFICATION

To become a CERTIFIED LYNO PRACTITIONER, a student must:

- ④ Attend all 3 modules in the correct order
- ④ Perform a total of 60 case study sessions as described (12 + 12 + 36)
- ④ Pass the online theory exam with a minimum mark of 70%
- ④ Pass the practical exam (practical exam fee 5000 Rs)

As a certified practitioner, you will pay a monthly subscription fee of 400 Rs and this gives you access to the following:

- ④ You are listed on the LYNO website
- ④ You may advertise under the LYNO brand name and have access to all our marketing and branding material
- ④ You have access to the LYNO application
- ④ You receive all the updates of course materials, marketing, etc.
- ④ You may attend any practical course modules at a 50% discount

COURSE VENUE

YASHODHA HOSPITAL SECUNDERABAD

REGISTRATION:

UPI/GPAY 9177745764

FOR ENQUIRY:

8639602622

