



# ***JOHANNESBURG***

## **PRACTICAL COURSE INFORMATION**

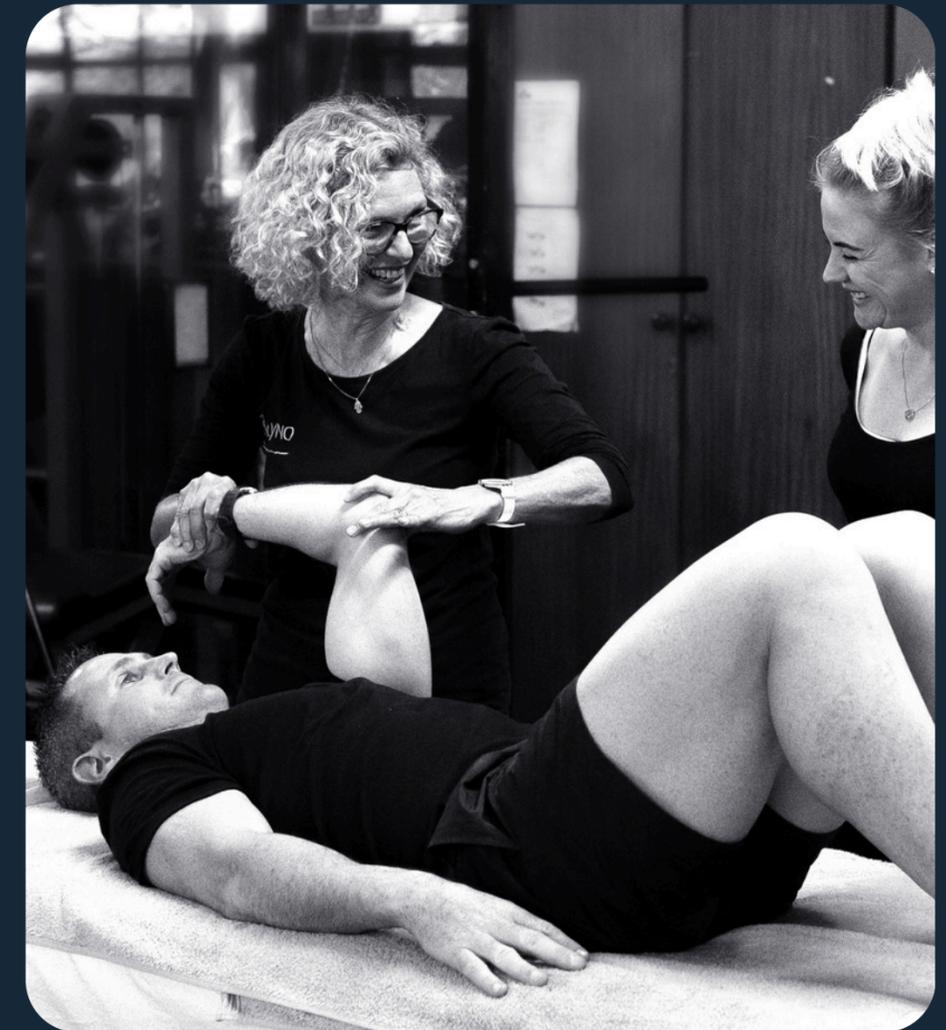


# ***THE LYNO METHOD***

## ***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

- Perform a full body assessment of fascia mobility
- Apply the Bunkie Test – assessing full body functionality
- Do the full body analysis – applying algorithms that show injury patterns
- Use the LYNO application for all measurements and analysis
- Reinstall functional movement patterns: removing the cause of injury by targetting dysfunctional neural pathways stored in the autonomic nervous system.
- Use non-invasive techniques; consisting of active movement combined with breathing techniques
- Build the Yellow Page wedges – reactivating function through proprioception
- Provide lifestyle and training management to avoid injury patterns

 **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, we assess the mobility of the entire body to identify locked patterns that cause recurring or chronic symptoms.

Our goal is to pinpoint the root cause of the injury, which is often far removed from the symptoms.

Our approach is based on understanding the function of the autonomic nervous system, which is responsible for protective bracing in the body, leading to dysfunctional movement.

All our tests are meticulously measured and recorded, allowing us to monitor progress closely. Our aim is to guide the body towards fully balanced and unrestricted movement for optimal performance.



# 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

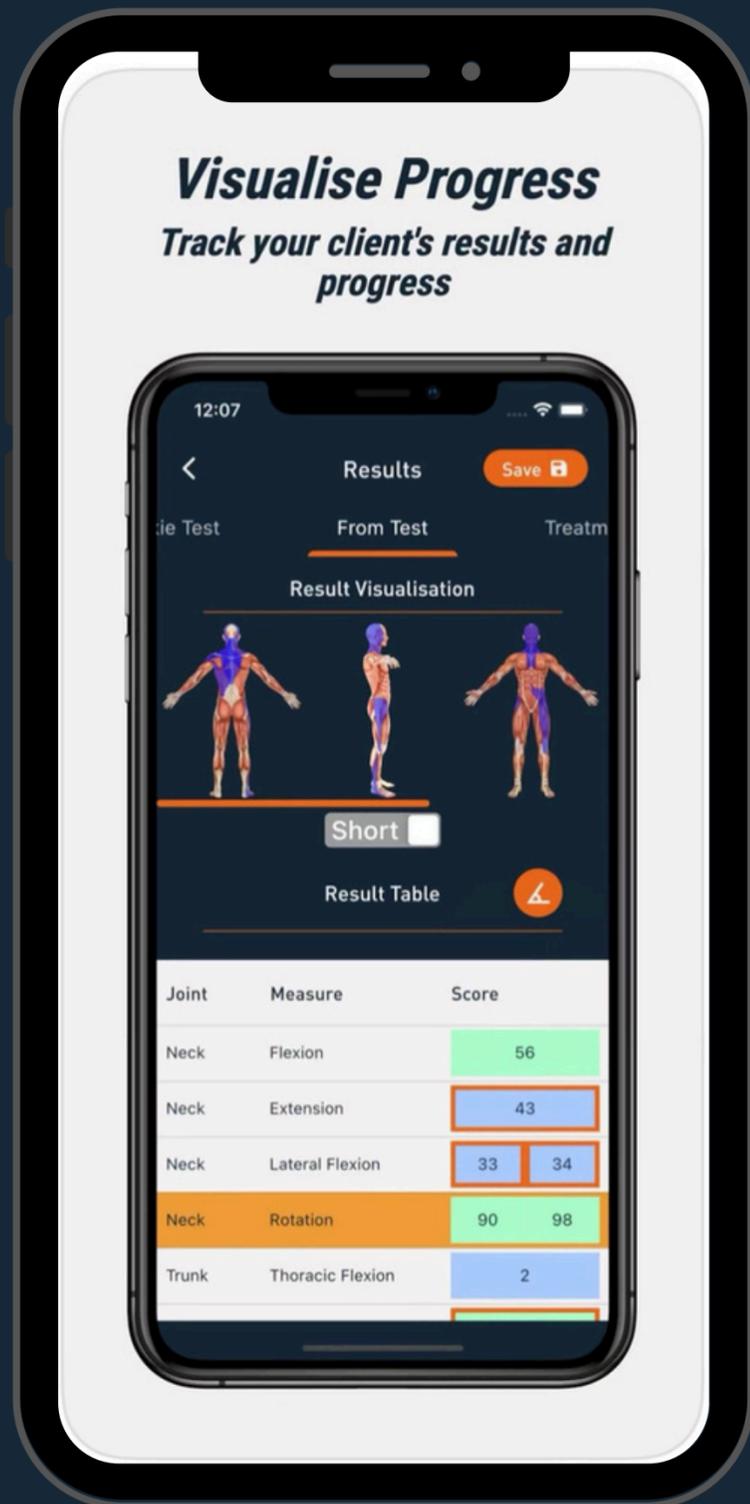
## MODULE 3

The assessment, analysis and release of the scapula and arm spiral patterns

## MODULE 4

A consolidation of the full assessment, analysis, and release





## ***EACH STUDENT RECEIVES***

- The pdf manual of the relevant course module on payment\*
- Access to the student version of the LYNO application for that specific module on the day of the practical module.
- The digital manual of the following course module on completion of each module.
- Continuous online support - all students will have access to regular weekly online sessions for the full duration of the course and until they do their final practical exam.

### **PLEASE NOTE**

\*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 afterward to record the case study information and data.

The digital manual is a 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 all students should sign 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 can, however, attend a Module at a different venue as long as all modules are done in the correct sequence.

# 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.

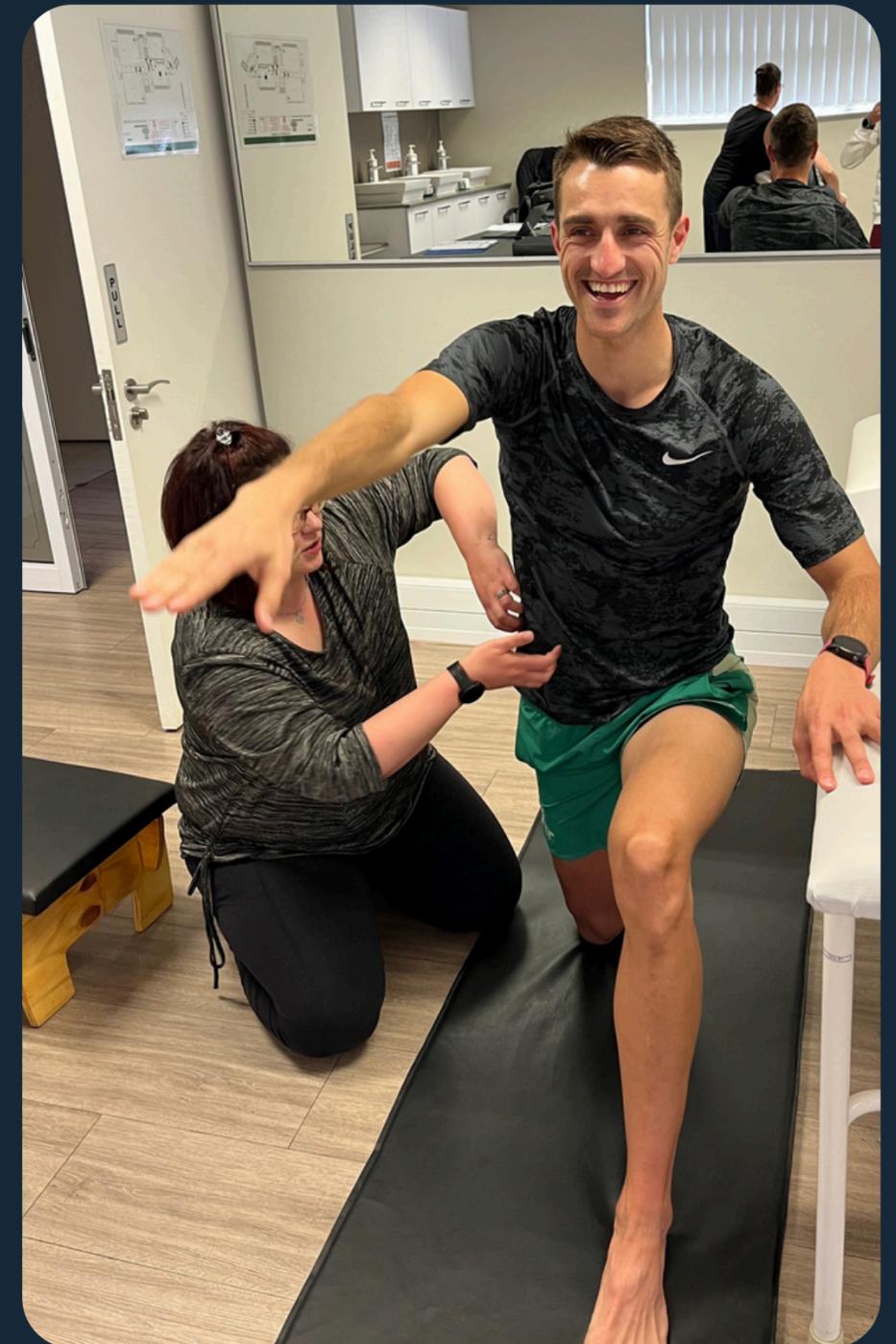
The case study sessions are all recorded on the student application, and students need to upload their completed case study lists onto the digital manual to get access to the next course module.

## PLEASE 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.

Module 4 is a consolidation course consisting of practical case studies where students interact to practice problem-solving.



# ***COST***

**The cost of the full course is R18 800.00**

- Module 1: R4 800.00 - due on registration
- Module 2: R4 800.00 - due 2 weeks before Module 2
- Module 3: R4 800.00 - due 2 weeks before Module 3
- Module 4: R4 400.00 - due 2 weeks before Module 4

**PAY FOR THE ENTIRE COURSE UPFRONT AND RECEIVE A DISCOUNT OF 10%**

**The cost of the certification exam is R2 000.00**

Exams need to be done within 4 months after the Module 3 course.

Only students who pass the online theory exam and the practical exam will become certified practitioners with access to the LYNO application and brand content.

# ***CERTIFICATION***

**To become a CERTIFIED LYNO PRACTITIONER, a student must:**

- ④ Complete all 3 modules in the correct order
- ④ Perform the 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

**As a certified practitioner, you will pay a monthly subscription fee of R350.00, 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

# ***2026 PRACTICAL COURSE***

## ***DATE & VENUE***

**\*VENUE TO BE CONFIRMED  
JOHANNESBURG**

- **MODULE 1**  
18 & 19 JUL
- **MODULE 2**  
15 & 16 AUG
- **MODULE 3**  
12 & 13 SEP
- **MODULE 4**  
07 & 08 NOV



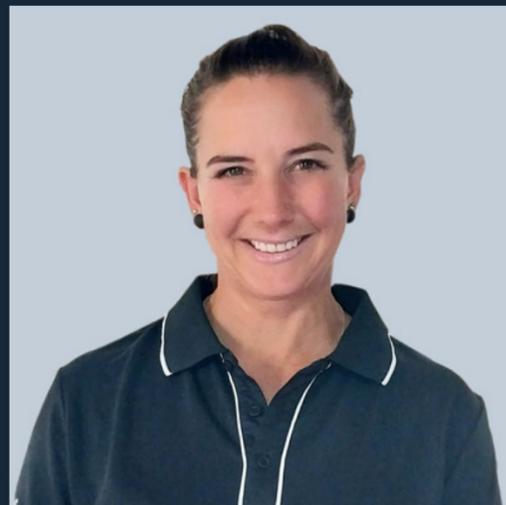
# ***REGISTRATION***

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!

# ***CONTACT***



## **ROXANNE SMITH**

 [roxi@runactivated.com](mailto:roxi@runactivated.com)

 +27 82 514 9550

 [www.thelynomethod.com](http://www.thelynomethod.com)