



BOOK NOW

THE LYNO COURSE CAPE TOWN 2026

**PRESENTED BY WINSIE OOSTHUIZEN
PRACTITIONER AND INSTRUCTOR OF THE LYNO METHOD**

Starting 25 July 2026

THE LYNO METHOD

Function and Freedom of Movement

You are good at what you do.

So why do your chronic pain clients keep coming back with the same problem?

The body heals itself.

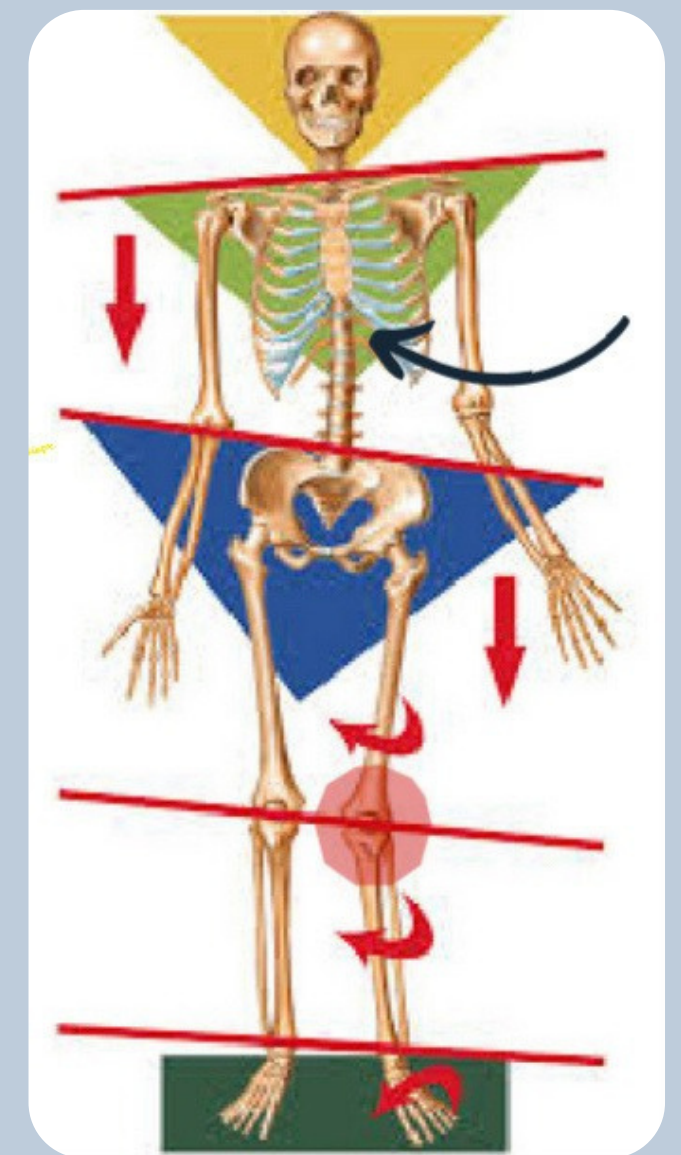
Always. Soft tissue in three to six weeks.

Bone in up to twelve weeks.

That is not an opinion. That is what the research shows and what thirty years of clinical practice has confirmed.

So when a client has been in pain for six months, or two years, or a decade, the tissue is not the problem anymore. Something else is maintaining their pain. Something that lives not in the muscle or the joint, but in the nervous system itself.

That something is a bracing pattern. A procedural memory stored in the cerebellum, exactly like riding a bicycle, except instead of freedom it creates chronic restriction, misalignment and pain. And it will not respond to massage, manipulation, stretching or exercise prescription alone. Not because those things are wrong. But because you cannot stretch out a memory.



Stop Chasing Symptoms

The Lyno Method was developed over thirty years of clinical practice to do one thing. Find where the nervous system is bracing, understand why, and give the brain a reason to let it go. If you have chronic pain clients you cannot fully help with your current tools, this is the course you have been looking for.

Conventional therapies often fail because they focus on manually releasing restrictions where they appear.

- We don't treat the symptom.
- We engage the nervous system to restore fascial mobility and function from the inside out.

By addressing the neurological root cause rather than the physical manifestation, we resolve the chronic pain and trauma that other methods miss.

Is This For You?

The Ideal Candidate:

This course is for practitioners who are already successful and already curious. You do not need to be dissatisfied with your profession. You need to be dissatisfied with the ceiling.

You are the right fit if you regularly work with clients who have chronic or recurring pain that does not fully resolve, you are willing to consider that the nervous system plays a bigger role in chronic pain than your training suggested, you are running an active practice and want to add a framework that produces lasting results rather than temporary relief, and you are committed to doing the case study work between modules because that is where the real learning happens.

This course works exceptionally well for physiotherapists, biokineticists, massage therapists, Pilates and yoga instructors, personal trainers and movement coaches, and somatic trauma therapists.


Who This Is NOT For:

This course is not the right fit if you are looking for a manual hands-on technique, a quick fix to add to your existing toolkit without changing how you think, or if you are not currently working with chronic pain clients in an active practice.

LEARN HOW TO

In this course, you will move beyond manual therapy to master a movement-first methodology:


- Assess the whole body to find the source of dysfunction, not just the site of pain.
- Quantify core stability and functional integrity using the Bunkie Test.
- Analyse fascia flexibility via the Lyno App's digital goniometer and advanced algorithms.
- Integrate non-invasive modalities like breathwork, movement, and proprioceptive cueing.
- Utilise 'Yellow Page Wedges' to restore function through targeted proprioceptive input.
- Prevent future injury through strategic lifestyle and training management.




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.

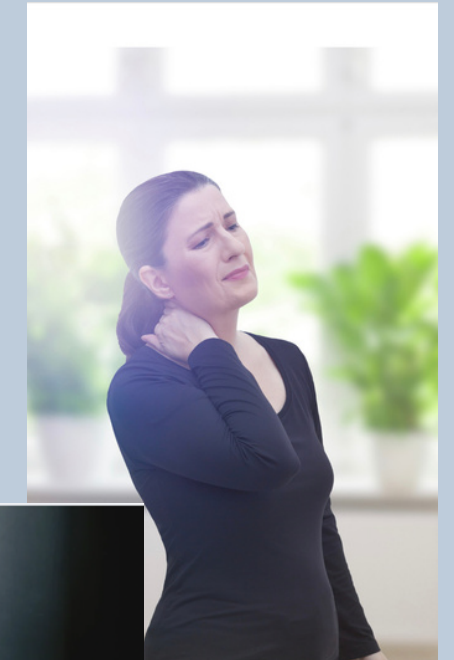
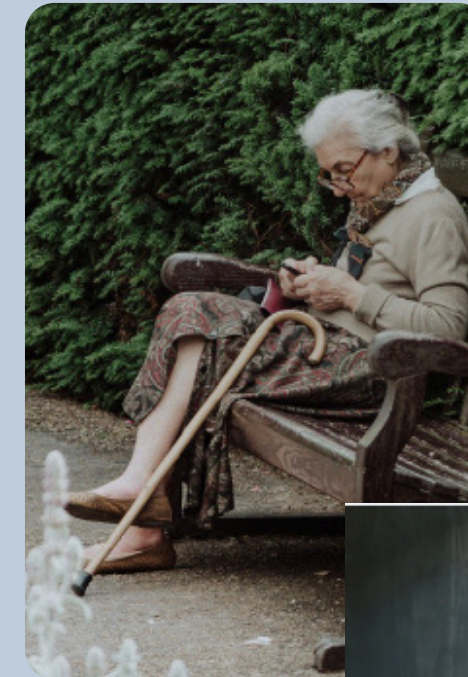


Which clients will benefit from this approach?

We work with all age-groups, from babies to the elderly, and we focus on clients who present with the following:

- chronic pain
- recurring sport injuries
- spontaneous injuries (no impact)
- incorrect posture
- immobility in the elderly
- post surgery immobility
- general inflexibility
- auto-immune disease

Note that this is NOT a manual bodywork course. We work with the breath, the brain, proprioceptive cueing, and targeted movement.



What You Receive

The Pre-Read document: (4 CPD points)

The Lyno Approach to Nervous System Regulation

Module 1: Linear Movement Patterns | July 25-26, 2026 (15 CPD points)

Focus: Assessment, analysis, and release of linear restrictions.

Module 2: Upper Body & Leg Spiral Patterns | August 22-23, 2026 (15 CPD points)

Focus: Navigating complex spiral patterns for total-body mobility.

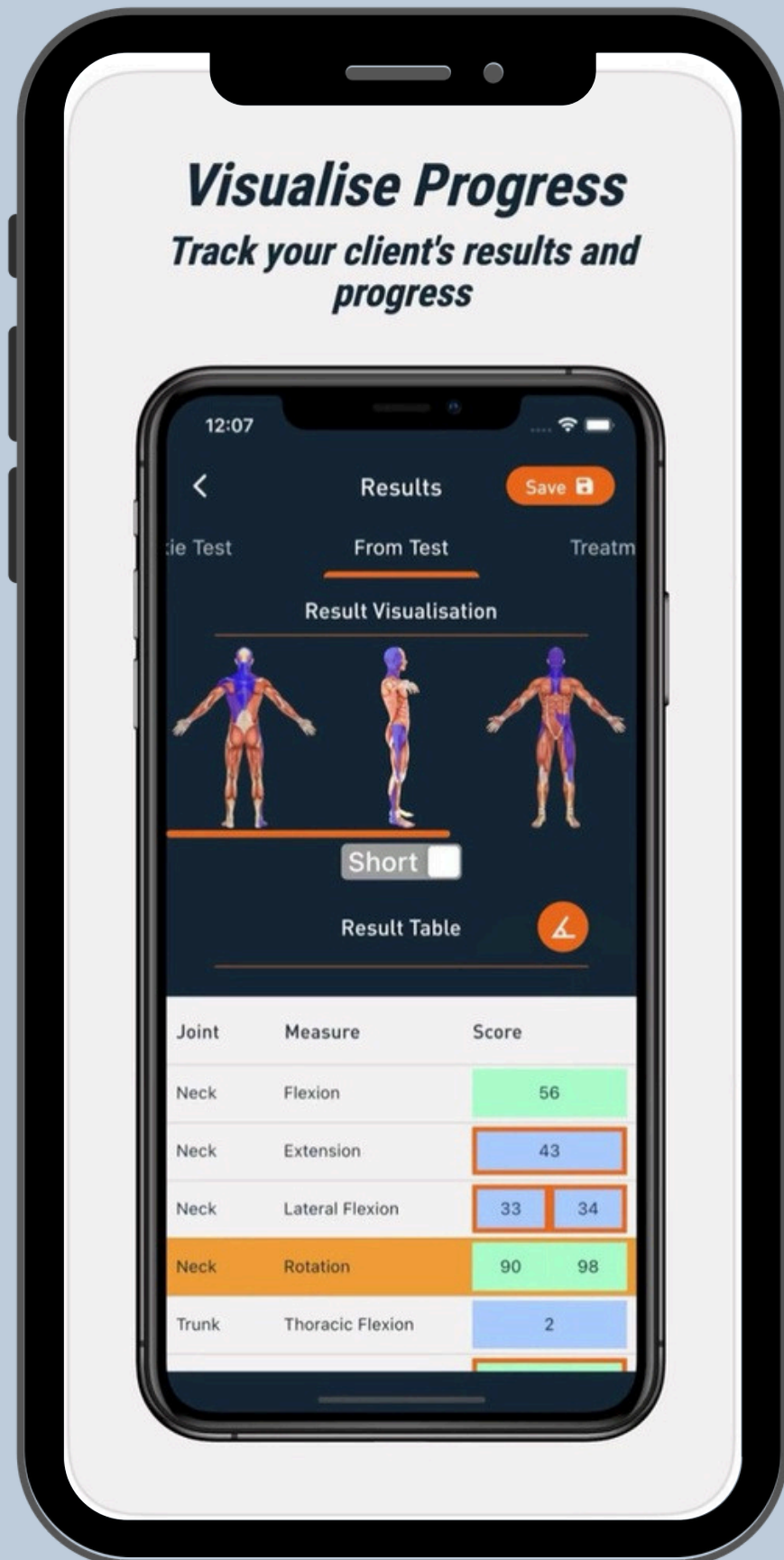
Module 3: Scapula & Arm Patterns | September 19-20, 2026 (15 CPD points)

Focus: Targeted assessment and release of the upper kinetic chain.

Module 4: Consolidation & Live Case Studies | November 28-29, 2026 (12 CPD points)

Focus: Interactive clinical application and exam preparation.

Please be aware that these modules need to be completed in a specific order. Note that, in the event of an emergency, participants will have the option to complete a module online.



EACH STUDENT RECEIVES

- A 30 min introductory Zoom session at the beginning of the course
- A digital course manual including videos of all the practical work and a downloadable PDF manual of each course module
- Access to the student version of the LYNO APP. Manage your practice with Electronic Medical Records (EMR), cloud storage, and built-in digital goniometry with injury-pattern algorithms.
- Weekly live Zoom sessions with fellow students, presented by Benita.
- Technical and other support via email and Whatsapp

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

The Lyno Difference: You learn by doing, and the doing changes everything.

Most courses give you theory and send you home. The Lyno certification is different because the most important learning happens between the modules, not during them.

After each module you work with real clients using what you have just learned. These are not practice runs. They are the sessions where everything clicks. Where a client you have been struggling to help for months suddenly shifts. Where you see firsthand what it means to address the root cause rather than the symptom.

By the time you certify you will have 60 fully documented clinical cases, a working understanding of your clients that most practitioners never develop, and the confidence to charge R650 or more per assessment from day one.

To support you through this process, you have access to weekly live group Zoom sessions with Benita throughout the entire certification. You are never doing this alone.

Case study requirements: After modules 1 and 2, complete 12 case studies each, seeing three clients weekly for four weeks. After module 3, complete 36 case studies, seeing three clients weekly for twelve weeks.

CERTIFICATION

To become a CERTIFIED LYNO PRACTITIONER, a student must:

- ④ Complete the full certification program
- ④ Perform a total of 60 case study sessions as specified in the 3 modules (12 + 12 + 36)
- ④ Pass the online theory exam with a minimum score of 70%
- ④ Pass the practical exam

Once certified, practitioners are required to pay a monthly subscription fee of R400, which grants them the following benefits:

- ④ Listing on the LYNO website,
- ④ Permission to advertise under the LYNO brand name, and access to all our marketing and branding materials (note that LYNO is trademarked worldwide).
- ④ Access to the LYNO practitioner APP.
- ④ Access to all course materials, updates and weekly Zoom meetings where we discuss case studies.
- ④ Eligibility for a 50% discount on any practical course module.

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Your Investment

Total Tuition: R18,800 (Modules 1–4)

Payment Dates:

R3,000 deposit to secure your spot.

- **R1,800 due by 18 July 2026 (Pre-Module 1)**
- **R4800 due by 15 August 2026 (Pre-Module 2)**
- **R4800 due by 12 September 2026 (Pre-Module 3)**
- **R4,400 due by 21 November 2026 (Pre-Module 4)**

Critical Dates & Content Access

Your digital journey begins before the live sessions. Please note these access milestones:

- **11 July 2026: Pre-read document issued (4 CPD points allocated).**
- **18 July 2026: Full Thinkific access granted (Digital Module 1 manual with pdf option)**
- **25 July 2026: Full Lyno App access granted at the live course.**

If you are ready to hold your place, the deposit is R3,000. Registration details below.

Enrolment Terms & IP Protection

Because our digital pre-read and Module 1 contain proprietary linear release protocols that deliver immediate clinical results, we strictly protect this Intellectual Property (IP) for the benefit of all certified practitioners.

Refund Policy:

- 100% Refund: Available if you withdraw before 11 July 2026.
- No Cash Refunds: Once the pre-read is issued on 11 July 2026, no refunds will be granted.
- Deferral Option: You may defer your enrolment to the 2027 intake for a R2,000 administration fee.
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Professional Licensing:

Upon enrolment, you agree to protect the integrity of the Lyno Method. Content, videos, and algorithms are proprietary and may not be reproduced or shared. Certification grants you the license to practice. To maintain your active website listing and use of Lyno branding, a R400/month app subscription is required post-graduation.

Certification Exam

Students have up to 4 months to complete their 36 case studies after Module 3.

Upon finishing the practical work for Module 3, students gain access to the online theory exam

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After passing the theory exam, students have one month to take their practical exam.

If a student fails the practical exam, they have 1 month to complete 12 additional case study sessions before retaking the exam.

The fee for the practical exam is R2000. The fee for the retake exam is R1500.

CONTACT YOUR TEACHER



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