



# 1st INTERNATIONAL FESTIVAL of **GYROTONIC® & GYROKINESIS®** Specialized Courses

ROMA FORO ITALICO  
28 AUGUST - 3 SEPTEMBER

**ROMA FORO ITALICO**  
**28 AUGUST 2023**  
at 6:30pm  
**OPENING CERIMONY**

**29 AUGUST – 3 SEPTEMBER**  
**COURSES PROGRAM**

**MONUMENTAL HALL**  
**GYROTONIC® APPLICATIONS**  
10:00am–1:00pm |  
4:00pm–7:00pm \*

**Specialized Equipment ARCHWAY™**  
**Elisabetta Carnevale**  
29 August–3 September

**Jumping Stretching Board**  
**Elisabetta Rosso**  
29 August–3 September

**Leg Extension Unit**  
**Marika Vannuzzi**  
29 August–3 September

**GYROTONER® P 1**  
**Elena Capponi**  
29–31 August

**GYROTONER® P 1**  
**Kathy Van Patten**  
1–3 September  
on the *Ultima® XS*

**GYROTONIC® PRINCIPLE APPLICATIONS FOR...**  
10:00am–12:00am |  
4:00pm–7:00pm\*  
Specialized Courses

**STATION 1**  
Dynamic trunk Stabilization  
**Rita Renha**  
29–31 August

Juliu's Wrapping System  
**Debra Rose**  
1–3 September

**STATION 2**  
Dancers Level 1  
**Miriam Barbosa**  
29–31 August

Dancers Level 2  
**Miriam Barbosa**  
1–3 September

**STATION 3**  
Martial Arts  
**Billy Macagnone**  
29–31 August

Runners  
**Chantal Deeble**  
1–3 September

**STATION 4**  
Level 2 Program 1  
**Ferdinando Gagliardi**  
29 August–1 September

**GYROTONIC® Group Classes**  
Different Master Trainers  
2–3 September

**GYROKINESIS® APPLICATIONS**  
10:00am–12:00am |  
4:00pm–7:00pm \*

**HALL FP2**  
Cardiovascular Breathing P1  
**Paula Rivera**  
29–31 August  
Cardiovascular Breathing P2  
**Don Friedwald**  
1–3 September

**HALL FP4**  
Jewels of the GK Method  
**E. Santaniello/A. Pucci**  
29–31 August  
Breathing Course Intensive  
**Jackson Kellogg**  
1–3 September

**ACADEMY HALL**  
**Lotus Blossom Program 2**  
**Mariarosa Guglielmi**  
29–31 August  
**GYROKINESIS® Open Classes**  
**Hsiao-Fang Lee**  
1–3 September

**WORKSHOP**  
**29–31 AUGUST**

**JACKSON KELLOGG**  
**The Ultima® XS and Cardio Experience**

Introducing the newest treasures of the **GYROTONIC®** and **GYROKINESIS®** Method.  
10:00am–12:00am |  
4:00pm–7:00pm

**OPEN CLASSES**  
**29 AUGUST – 3 SEPTEMBER**

**GYROKINESIS® OUTDOOR CLASSES 1h**  
(Optional for all participants of the course)  
**Morning Class**  
**9:00am–10:00am**  
**AWAKENING Class**  
Different Master Trainers

**Evening Class**  
**7:00pm–8:00pm**  
**BREATHING Class**  
Different Master Trainers

**GYROKINESIS® OPEN CLASSES 1,30h**

**WHITE CLOUD ACADEMY HALL**  
Different Master Trainers  
(Bookable on request)

**GYROTONIC® PRIVATE CLASSES 1h**  
with a Master Trainers of your choice  
From 12:00am to 4:00pm  
(Bookable on request)

All rights reserved White Cloud Academy - Italy. GYROTONIC®, GYROTONIC® & Logo, GYROTONIC EXPANSION SYSTEM®, GYROKINESIS® and The Art of Exercising and Beyond® are registered trademarks of GYROTONIC® Sales Corp and are used with their permission.