



Certified Antigym[®] Practitioner Training



www.antigym.org

BRAZIL • CANADA • COLOMBIA • ITALY • FRANCE • GERMANY • NEW CALEDONIA • SPAIN • UNITED STATES



Thérèse Bertherat

THE CREATOR OF ANTIGYM®

Antigym® was developed by Thérèse Bertherat in the 1970s as a result of an unfortunate set of circumstances. The first was the brutal death of her husband Yves Bertherat, a brilliant psychiatrist who was murdered by one of his patients. Widowed at the age of 36 with two young children to support, she opted to study physiotherapy. But the dryness and rigidity of the teaching, described in Thérèse's book *The Body has its Reasons* "...we were

studying the body one muscle at a time, one bone at a time, but never as a whole, always as separate parts..." quickly disappointed her and led her to seek out other avenues. Meeting Françoise Mézières in 1972 was a turning point. Françoise Mézières' revolutionary vision of human anatomy sees the body as a whole in which each part depends on the others. After studying with Françoise Mézières, Thérèse pursued her own research. She investigated other bodywork therapies, such as bio-energy, Gerda Alexander's Eutony method, Ida Rolf's work, gestalt therapy, and acupuncture to complement her knowledge of the great psychoanalysts, including Freud, Jung and Reich. More importantly, she worked with her students, slowly developing her method, *Antigymnastique*® (now also known as *Antigym*®), and started to train practitioners around the world.

Thérèse Bertherat's and Marie Bertherat's books have been translated into fifteen languages. To date, more than a million copies of the bestseller *The Body has its Reasons* have been sold.



ANTIGYM®

Antigym® is a unique bodywork and wellness method. Through sequences of simple and precise movements, participants discover and claim ownership of their body. Class by class, working in small groups, participants regain mobility, vitality and autonomy.

Exploring new territories

Practicing Antigym® is like embarking on a voyage through your body and its history, discovering how your body quietly evolved, and how it adapted and protected itself. With

Antigym® you discover, re-discover or re-awaken parts of your body. At first, some of the muscles that you try to move seem so foreign that you do not know how to reach them. But, little by little, new connections develop between your brain and unknown or poorly known muscles. Your muscular vocabulary becomes richer. People who practice Antigym® discover new movement possibilities, enjoy better mobility, and develop greater muscle tone.

Antigym® is neither a therapy nor a sport. Certified Antigym® practitioners never force clients into postures and do not perform medical adjustments.





EDITORIAL

Every year, new practitioners graduate from our training centres in Europe and abroad. Our training programme, recognised for more than 40 years, was developed and perfected by my mother Thérèse Bertherat, who created the Antigym® method. Our international training team consists of experienced trainers and lecturers recognised for their expertise. Our training program is demanding but reflects the spirit of openness and attentiveness to others characteristic of our method. We endeavour to give the very best of ourselves to our trainees.



Marie Bertherat

Our Training Team

Maria Beretta
Trainer, Italy

Rejane Benaduce
Trainer, Brazil

Marie Bertherat
Trainer, France

Susan Barratt
Trainer, Canada

Emanuela Brigliatori
Trainer, Italy

Andrea Cardoso
Trainer, Brazil

Nathalie Desmeure
Trainer, France and Spain

Simona Felsi
Trainer, Italy

Miriam Holler
Trainer, Germany

Ivana Persico
Trainer, Italy

Ana Pineiro
Trainer, Spain

Ginette Séguin-Swartz
Trainer, Canada

Satu Tanhua-Castro
Trainer, USA

Monik Urvoy-Cortey
Trainer, New Caledonia

Ana-Beatriz Vasquez Correa
Trainer, South America



Training is currently available in Brazil, Canada, Colombia, Italy, France, Germany, New Caledonia, Spain and the United States

CONTACTS

📞 **Canada: 1-306-249-1073**
📞 **France : +33 (0)1 40 46 92 19**
(English-speaking trainees)
✉ training.antigym@antigym.org

📘 facebook.com/Antigym.method
www.antigym.org



Becoming a Certified Antigym® Practitioner

For several decades, we have been training certified Antigym® practitioners around the world: dedicated men and women who have chosen to deepen their Antigym® practice by becoming practitioners themselves, and who enjoy a stimulating, independent career while also belonging to a worldwide network of professionals.

Objectives

- To master the Antigym® method.
- To acquire the expertise required to be a certified Antigym® practitioner.
- To develop your own professional Antigym® practice.

Prerequisites

- Trainees must have participated in a pre-training workshop taught by a certified trainer and during which they have demonstrated self-awareness, observation and listening skills, as well as communication skills such as the ability to speak clearly, simply, and tactfully.

Teaching Method

- Trainees first participate in a class and then are taught its contents and teaching protocol.
- Trainees then practice teaching the class to a small group of individuals.
- Trainees learn concepts of human anatomy, physiology and psychology, pedagogy, and



communication tools pertinent to the classes.

- Trainees are instructed in class teaching protocols, the mechanisms underlying the Antigym® movements and their main sensorial and emotional implications.
- There is ample opportunity for interaction with between trainees and the trainers.
- Trainees are assigned homework between workshops, including practicing the classes and reviewing the information taught at preceding workshops.

Teaching Tools

- Specialized booklets designed to facilitate comprehension and integration of course contents.



- Class outlines.
- Books.

Assessment

- Assessment of the theoretical and practical knowledge of the trainees on a continuous basis and at pre-set times.

Certification

- At the end of the training course, trainees deemed to have acquired the required knowledge and expertise are granted an Antigym® Trademark Licencing certificate and become entitled to work as certified Antigym® practitioners following the signing of the Antigym® Trademark Licencing Agreement.
- Trainees deemed not to possess the required knowledge and expertise are given an opportunity to complete additional training

workshops prior to being granted an Antigym® Trademark Licencing certificate and being allowed to sign the Antigym® Trademark Licencing Agreement.



Professional Development

- Within 12 months of completing the training course, certified Antigym® practitioners participate in a 5-day workshop (see page 7, Level 4).
- Following completion of Level 4, certified Antigym® practitioners may participate in continuing education seminars to upgrade their skills and maintain their practice at its highest level of proficiency (see page 7).

Training Team

- The training course is taught by an international team of certified Antigym® trainers and guest lecturers under the supervision of Marie Bertherat.

Registration

TO REGISTER, PLEASE COMPLETE THE PRE-TRAINING WORKSHOP REGISTRATION FORM (AVAILABLE ON WWW.ANTIGYMNASTIQUE.COM IN THE PRACTITIONER TRAINING SECTION).

INFORMATION REQUEST

📞 **Canada: 1-306-249-1073**

📞 **France (English-speaking trainees): +33 (0)1 40 46 92 19**

✉ training.antigym@antigym.org

Training Programme (40 days)

PRE-TRAINING WORKSHOP

The pre-training workshop represents an opportunity to discover and get hands-on experience of the method in a group setting.

- Theme of the pre-training workshop: A voyage through your body.
- Participation in the pre-training workshop does not commit participants to enrolling in the training course.

LEVEL 1 15 days, 105 hrs

- Introduction of the course contents and the training team.
- The preliminary interview: Contents and how to conduct the interview.

- The "Introductory" class (one-on-one class): Contents and teaching protocol.
- The "Personage" class: Contents and teaching protocol.
- Group classes featuring the hip, nape of the neck, and foot: Contents and teaching protocols.
- Assessment.

LEVEL 2 15 days, 105 hrs

- Review (theory and practice) of the Level 1 classes.
- Group classes featuring the shoulder, the relationship between the front and back of the body, the perineum, the jaws, and the tongue: Contents and teaching protocols.

- Concepts of psychology pertinent to Antigym®.
- Assessment.

LEVEL 3 10 days, 70 hrs

- Review (theory and practice) of Level 1 and Level 2 classes.
- 3 group classes featuring the eyes: Contents and teaching protocols.
- Lecture: The communication tools available to certified Antigym® practitioners.
- Signing of the Antigym® Trademark Licencing Agreement.

STARTING WITH LEVEL 2, TRAINEES DEEMED TO POSSESS THE REQUIRED KNOWLEDGE AND SKILLS BECOME PRACTITIONERS-IN-TRAINING AND ARE ALLOWED TO START WORKING WITH THEIR OWN CLIENTS.

IMPORTANT: Antigym® is neither a therapy nor a sport. Certified Antigym® practitioners never force clients into postures and do not perform medical adjustments. Contents of training programme subject to change.



Post Training

Setup assistance

Customised tools and communication advice are available to newly certified Antigym® practitioners to assist them in establishing their practice:

- Guide to set up an Antigym® practice.
- Template for a certified Antigym® practitioner nameplate.
- Templates for various printed materials (business card, logos, etc.).
- Subscription to Tigre & Doudou, the Antigym® practitioners' newsletter.



Equipment

The equipment needed for Antigym® classes (cork balls, doudous, doudines, wooden dowels, etc.) can be obtained from our accredited suppliers.

The Antigym® website

Certified Antigym® practitioners who have signed the Trademarks Licencing Agreement enjoy an internationally known brand registered in all European countries as well as in numerous other countries. Practitioners can opt to appear on the official list of the certified Antigym® practitioners available on the website.

www.antigymnastique.com



Access to the Practitioners Space section



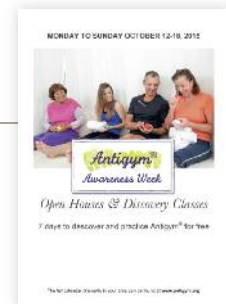
Your online business card

Subscription to the website includes

- Online business card(s).
- Your own personal page, customisable (pictures and text) and with the ge positioning of your studio.
- The opportunity to advertise your workshops on the Antigym® Facebook page.
- Access to the section reserved for certified Antigym® practitioners and to the entire catalogue of downloadable documents.

Antigym® Awareness Week

Certified Antigym® practitioners may participate to the Antigym® Awareness Week. Participants are provided with material support for communicating with their clients and with the local media. A press kit and a communications kit containing documents that can be customised for printing are available to certified Antigym® practitioners on the "Practitioners Space" section of the website. Antigym® Awareness Week activities and open house schedules are also advertised on the website and communicated to Antigym® newsletter subscribers.



Media

Antigym® Awareness Week, the publication of a new Antigym® book, the release of a new CD, etc., are important events to promote the method to the media. Promotional activities take place year-round to promote the brand to as many people as possible.

What they say about Antigym® ...



Professional Development

Antigym® continuing education seminars

Each year, certified Antigym® practitioners can participate in continuing education seminars in the training centres of their home countries. Taught by certified Antigym® trainers or guest lecturers, these seminars allow certified Antigym® practitioners to enhance their practice and keep it to the highest level.

Examples of Antigym® continuing education seminars (subject to change)



Freeing the breath

3 classes featuring the diaphragms and aimed at freeing the breath and stimulating the libido.



Managing stress

3 classes featuring movement sequences designed to better manage stress at home and at work.



Sharpening the senses

2 classes aimed at sharpening our five senses.



Releasing the small articulations

2 classes featuring movement sequences designed to release our small joints (jaws, collarbone-shoulders, sacro-iliac joints, etc.).



Preparing for physical activity

3 classes (foot, leg, abdomen and breath work) designed to prepare us for physical activity.



Releasing the neck and shoulders

2 classes featuring movement sequences designed to release the neck and shoulders.

LEVEL 4 **Advanced Workshop** 5 days, 35 hrs

Newly certified practitioners attend the Advanced Workshop (Level 4) within 12 months of becoming certified. The workshop programme includes

- Sharing your first experiences as a certified Antigym® practitioner.
- Learning the contents and teaching protocols of additional group classes.
- Learning to create and teach thematic workshops (1 day or longer).

Continuing education programme contents subject to change.

FINANCING YOUR TRAINING PROGRAMME

Financial support may be available through your employer or government agencies. Please consult local, regional and/or national authorities for available programmes.

All training information can be downloaded
from the *Practitioner training* section of our website

www.antigym.org



Antigymnastique®



Antigym®

Antigym® - 19 rue Larrey - 75005 Paris - France - Training activity declaration no. 1175 50646 75 registered with the Ile-de-France prefecture. Antigym® training programme contents subject to change depending on the Antigym® international training project. Reproduction strictly prohibited without prior written authorisation. Antigymnastique®, Antigym®, and their translations, and logos are trademarks registered with INPI and OHMI. The trademarks are protected internationally. Photo credits: Antigymnastique® and Antigym®, khphotography.co.uk. All Rights Reserved. Our sincere thanks to Spanish certified Antigym® practitioner Paloma Hergueta Rodríguez for permission to use her photographs (cover page and inside pages). Graphic design by Igor Olafs. October 2015