



Certified Antigym[®] Practitioner Training



www.antigymnastique.com



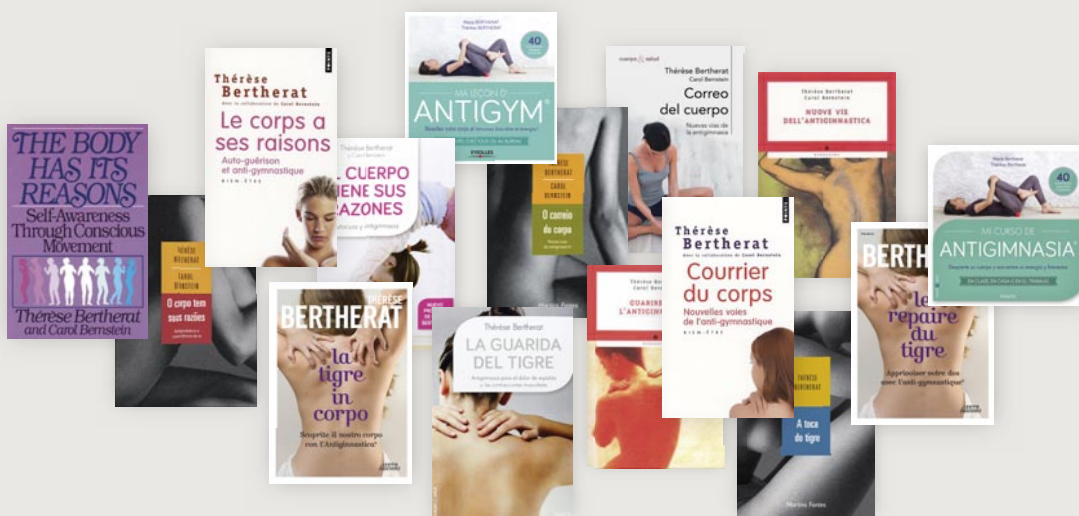
Thérèse Bertherat

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 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



Susan Barratt
Trainer, Canada



Marie Bertherat
Trainer, France, Training Director,
International



Rejane Benaduce
Trainer, Brazil



Andrea Cardoso
Trainer, Brazil



Emanuela Brigliatori
Trainer, Italy



Nathalie Muñoz Desmeure
Trainer, Spain



Ivana Persico
Trainer, Italy



Ginette Séguin-Swartz
Trainer, Canada



Ana Beatriz Vásquez Correa
Trainer, South America



Training is available online in French, English, Italian, Spanish, and Portuguese

www.antigymnastique.com



Antigym playlist



Antigym official english

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

- 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).



INFORMATION REQUEST

 marie.bertherat@antigym.org

Training Programme (38 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 12 days

Modules 1-6

- 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.
- Group classes featuring the hip, nape of the neck, and foot: Contents and teaching protocols.
- Assessment.

LEVEL 2 10 days

Modules 7-11

- 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 and the jaws: Contents and teaching protocols.
- The "Personage" class: Contents and teaching protocol.
- Assessment.

At the end of Module 9, qualified trainees are recognized as practitioners-in-training and can begin to work with 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.

LEVEL 3 12 days

Modules 12-17

- Review (theory and practice) of Level 1 and Level 2 classes.
- Group class featuring the tongue and 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.

LEVEL 4 4 days

Module 18

The "Maturity" workshop completes the training of certified practitioners and is scheduled within 6 months after certification.

- Feedback on certified Antigym practitioners' professional debut.
- Learning new classes and how to teach them.
- Learning how to design and lead thematic workshops (single day to multi-day workshops).



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 Trademark 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

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® ...

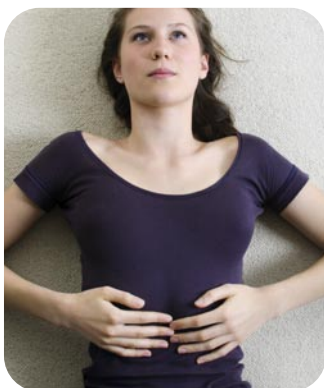


Professional Development

Antigym® professional development workshops

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® professional development workshops (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 featuring the feet, legs, abdomen, and breath, to prepare the body for a physical activity.



Releasing the neck and shoulders

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

Continuing education programme contents subject to change.

What practitioners say about the training course

“ At the beginning of 2022, I was consulting one of my favourite physical therapy YouTube channels. In one video, the presenter described Thérèse Bertherat and her method in a way that aroused my curiosity. I bought the book “The Body Has Its Reasons” and started to do the movements that are described at the end of the book. I started to feel better and wanted to know more. So, I decided to sign up for classes and discovered that the method takes into consideration the body in its entirety, including the emotional and the psychological. It allowed me to better know my body, limitations, and blockages, but especially, to free them little by little. Becoming an Antigym® practitioner was the next step. I am happy to have shared this year and a half with my awesome classmates and I am truly grateful to my trainer,



for her patience and her teachings.”

Silvia Vowles

“ The Antigym Practitioner's course has changed my life. Due to the slow nature of the work, I've noticed the changes in my body over 1.5 years of learning and practicing. My teacher is very experienced and I am grateful to

have had her as my guide. Thank you so much for making this a possibility for me. Special appreciation to Marie



Bertherat, for continuing her mother's legacy.”

Sati Cabral

“ I was very curious about the training to become an Antigym® professional. After the 1st day, however, my mind was put at rest, as I was “in the right place, at the right time.”

The training was intensive, rigorous and taught me the theoretical foundations of the Antigym® method, as well as solid practical training in how to lead Antigym classes. The best thing about the work as an Antigym® practitioner is that I am able to give this amazing bodywork method to my clients, it is very rewarding.



I hope this is helpful!”

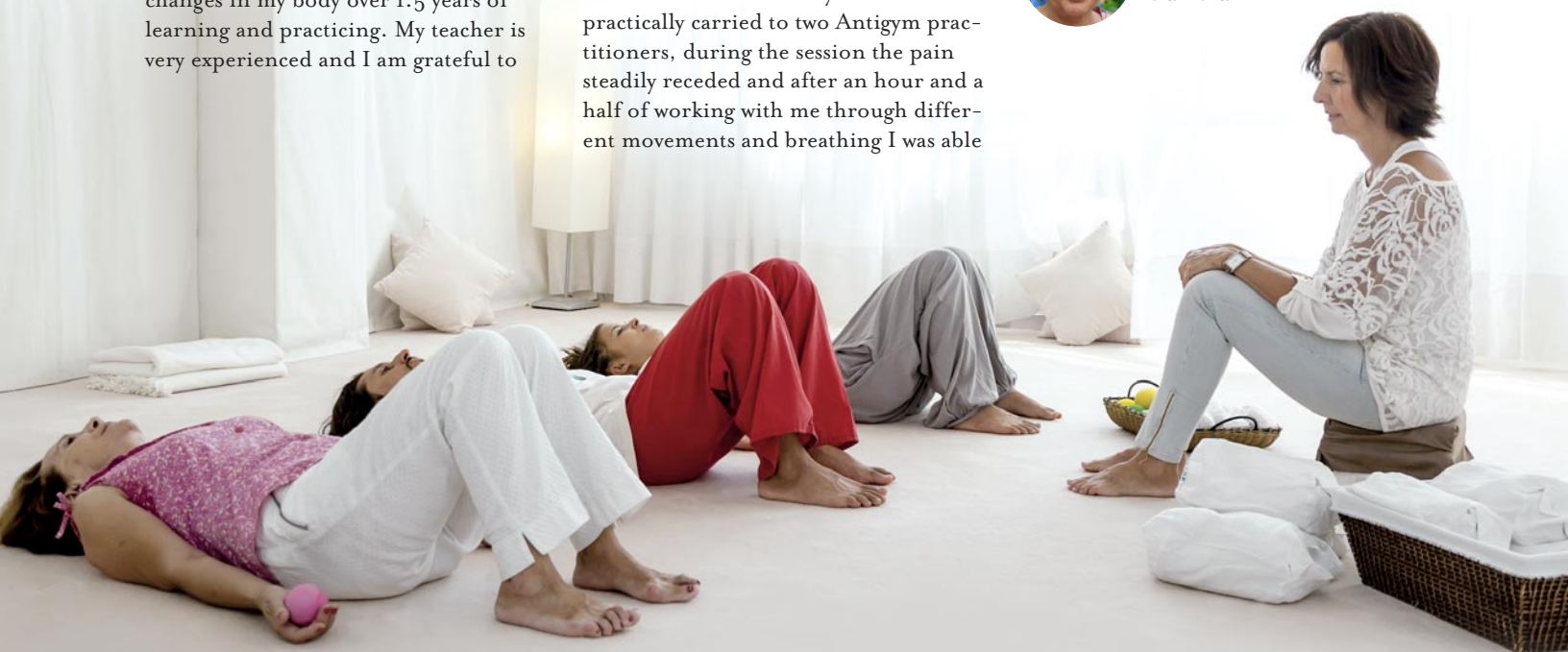
Peder Holtermann

“ My first contact with Antigym was when I was 24 years old. I was 8 months into my pregnancy and I injured my back lifting up a heavy weight; my back locked and I could barely move. I was practically carried to two Antigym practitioners, during the session the pain steadily receded and after an hour and a half of working with me through different movements and breathing I was able

to walk out by myself. After a year of taking Antigym® classes I moved to the USA where there was nobody teaching it. I carried the memory and the longing for 30 years until last year, when I was finally able to start the online training. I have taken quite a few therapeutic trainings throughout my life, but in the Antigym® training I have found the pedagogy based on full respect and acceptance of the student, the utmost dedication of the teacher to offer the experiencing of the movements on one's own body and to bring forth the inner understanding of what our bodies are yearning and hoping for. The sequence of the training modules gradually facilitates this discovery through the coherence in the integration of the diverse body relationships. What makes me most happy of being a practitioner of Antigym® is seeing the great response and enthusiasm that I have received as a feedback from my clients, they all have clearly shared feeling better as well as becoming more aware of the small changes they need to do in order to care for their bodies.”



Mar Vial



Antigymnastique®



Antigym®