

be the change

BECOME A GlóMotion TEACHER!

The GlóMotion Teacher Training is an intensive three-part program.



Part 1 of the program takes four days in which the students learn the fundamentals of GlóMotion including the technique and process of the "Workout" and the "Way of life".

Part 2 of the program is a 90 day home study period where the emphasis is on the "Vision Work" manual and the approach of how to practice and teach GlóMotion.

Part 3 of the program is a two day review in which students will complete their certification and demonstrate their knowledge and experience in the practice of GlóMotion.

Participation in the training and certification workshop is open to candidates that have a working knowledge of physical training and/or healthcare, i.e. have either practiced or taught yoga, have a degree or experience in physical therapy, private training and/or sports training.

The cost for the workshops and certification includes all study materials & teachers manuals. Payment is required prior to beginning the program. Candidates for certification are required to study the material before attending the workshop.

GlóMotion is a unique holistic wellness program that integrates physical exercise with attitude and lifestyle philosophy. Through personalized instruction and gentle feedback, clients are inspired to enjoy the exercises and logically achieve higher levels of conditioning.

The GlóMotion System develops core strength, increased mobility and alleviates pain and stress. Clients learn to be the mechanism of individual change that leads to deeper levels of well-being, personal achievement and prosperity.

GlóMotion is particularly well-suited for individuals who have limited time, are experiencing decreased physical activity and lower metabolic rates, or are concerned about controlling their weight and maintaining muscle tone.

For information on dates and locations, contact us by visiting our website:
www.glomotion.com

Gudni Gunnarsson



Gudni Gunnarsson is the creator of GlóMotion. As a physical fitness trainer Gudni realized the limitations of physical exercises without the mental component. A lifelong fan of Yoga, Gudni set out to develop a revolutionary fitness system for the mind, body and soul - which became GlóMotion.

GlóMotion is a life changing experience and a source of renewable energy which transcends into your life, career and relationships. The patented GlóMotion method merges traditional Yoga and modern technology. We call this approach "Core Synthesis".

GlóMotion develops core abdominal strength and sustains weight control. Its philosophy embraces bodily and organic fitness through an exercise program which increases energy and procures physical benefits in the least amount of time.