

## CV BARBARA FATINI

Barbara Fatini graduated with Honours in Architecture from the University of Florence in 1996 and is a practising architect. She obtained a postgraduate degree in Bio-architecture from the University of Bologna, researching the influences of architecture on health and psychophysical wellbeing, at the same time training in various other disciplines.

In 2005 she started practising **GYROTONIC®**, seeing extremely positive results for toning, flexibility and general well-being.

In deep agreement with the philosophy and the objectives of this discipline, she decided to start studying to become a teacher, and began the training necessary the **GYROTONIC® Certificate Level 1 Foundation Teacher Training Course**.

In 2010 she passed the exam in Germany and achieved the **Certificate for GYROTONIC® Expansion System Level 1**, followed by the **Certificate for GYROTONIC® Expansion System Level 2**. In 2014 she obtained the **Certificate for GYROKINESIS®**.

In 2011 and 2012, she collaborated as a personal trainer with the medical team of Ass. C.A. (Associazione Cerebrolesioni Acquisite, an association that supports people with brain injuries) to improve the quality of life of people who had been through severe traumatic events.

In 2012 she started her collaboration with Silvia Frosali at the studio **GYROTONIC® Firenze**, as a teacher of **GYROTONIC® Level 1, Level 2** and **GYROKINESIS®**.

Barbara Fatini has also specialised in **GYROTONIC® Principles in the Context of Osteopathy** and in **GYROTONIC® Jumping Stretching Board**.

She took part in various **GYROKINESIS® Rejuvenation Courses** led by Juliu Horvath and in 2015 became **Certified GYROTONIC® Pretrainer**.

Since 2009 Barbara Fatini has taken part in yearly refresher training courses in both **GYROTONIC®** and **GYROKINESIS®**.

In 2018 she opened her studio in Florence: **BF Studio**, where she currently works and teaches.