



LAGREE TRAINING

LEVEL 1



EVERYTHING YOU NEED TO KNOW





LEARN. GROW. TEACH. INSPIRE.
**START YOUR JOURNEY
WITH KYSKO.**



Are you passionate about Lagree and eager to share your love for movement with others?



Look no further than Kysko's Lagree Training Program. Based in Geneva and Lausanne, Switzerland, we are dedicated to empowering individuals to become skilled and confident Lagree instructors, ready to inspire and make a positive impact through movement.



At Kysko, we believe in transforming passion into purpose. Our Lagree Instructor Training is **led by Certified Master Teacher Trainers**, ensuring the highest quality education and hands-on experience.

Designed **in alignment with the official Lagree Academy standards**, this program provides the knowledge and practice needed **to teach safely, effectively, and with confidence**.

Throughout the training, you'll gain a **deep understanding of the Lagree method**, its principles of time under tension, muscle endurance, and mindful intensity, as well as how to guide clients of all levels through powerful, results-driven workouts.

At Kysko, training goes beyond technique. We foster a **supportive and professional learning environment** that encourages growth, curiosity, and connection. Our goal is to help you become not only a skilled Lagree instructor, but also a confident leader who inspires others to move, challenge themselves, and feel stronger every day.



Are you energetic, curious, and **passionate about movement**? Do you love **pushing limits** and helping others feel stronger, both physically and mentally? Then Kysko's Lagree Instructor Training is for you.

Join a team of dedicated, open-minded professionals in a **supportive and motivating environment**. At Kysko, we take training seriously, but always with authenticity and good energy, so your learning journey is **both challenging and rewarding**.

Turn your passion for Lagree into a meaningful career. Together, let's empower others to move with purpose and strength, one class at a time.



THE INSTRUCTORS



Ilona

Ilona Minas is a passionate athlete who discovered the Lagree method in 2021 and was instantly captivated by its mix of physical challenge and mental balance. After a decade with Buddha-Bar, she transitioned into fitness, earning her Lagree Level 2 and State Diploma (CQP) in 2023. Today, she teaches at the Lagree studio in Neuilly-sur-Seine and leads Lagree Experience, blending her creative spirit, entrepreneurial energy, and love for movement.



Michael

Michael Chipman was mentored by Sébastien Lagree, Senior Master Trainer Sharnee Lee Scott, and studio owner Lisa Goldsman. A passionate educator with decades of experience as a college professor, writer, and voice teacher, he brings depth and precision to his work as a Lagree instructor and teacher trainer. After discovering the Lagree method during the pandemic, he found it profoundly transformational and became a certified trainer in 2021. Michael is also a certified mindfulness meditation teacher, classically trained singer, and published author.



TRAINING OVERVIEW

You will :

- Master the fundamentals of **Lagree training techniques** and learn **how to deliver safe, effective, and engaging classes**.
- Understand **the key principles** that define the Lagree method and make it one of the most efficient full-body workouts.
- Learn **the mechanics and variations of the Megaformer**, gaining the confidence to teach on Lagree's patented equipment.
- **Develop your teaching skills** through practical instruction, cueing, and the science behind the Lagree method.

PROGRAM

The training includes **18 hours of instruction**, held on **Friday, Saturday, and Sunday from 1 PM to 7 PM**.

Refer to the next page for the training dates available in Geneva and Lausanne.

TOTAL : 18 HOURS





DATES - 2026

GENEVA

- Weekend 1 : **Apr. 10-11-12**
- Weekend 2 : **June 12-13-14**
- Weekend 3 : **September 4-5-6**

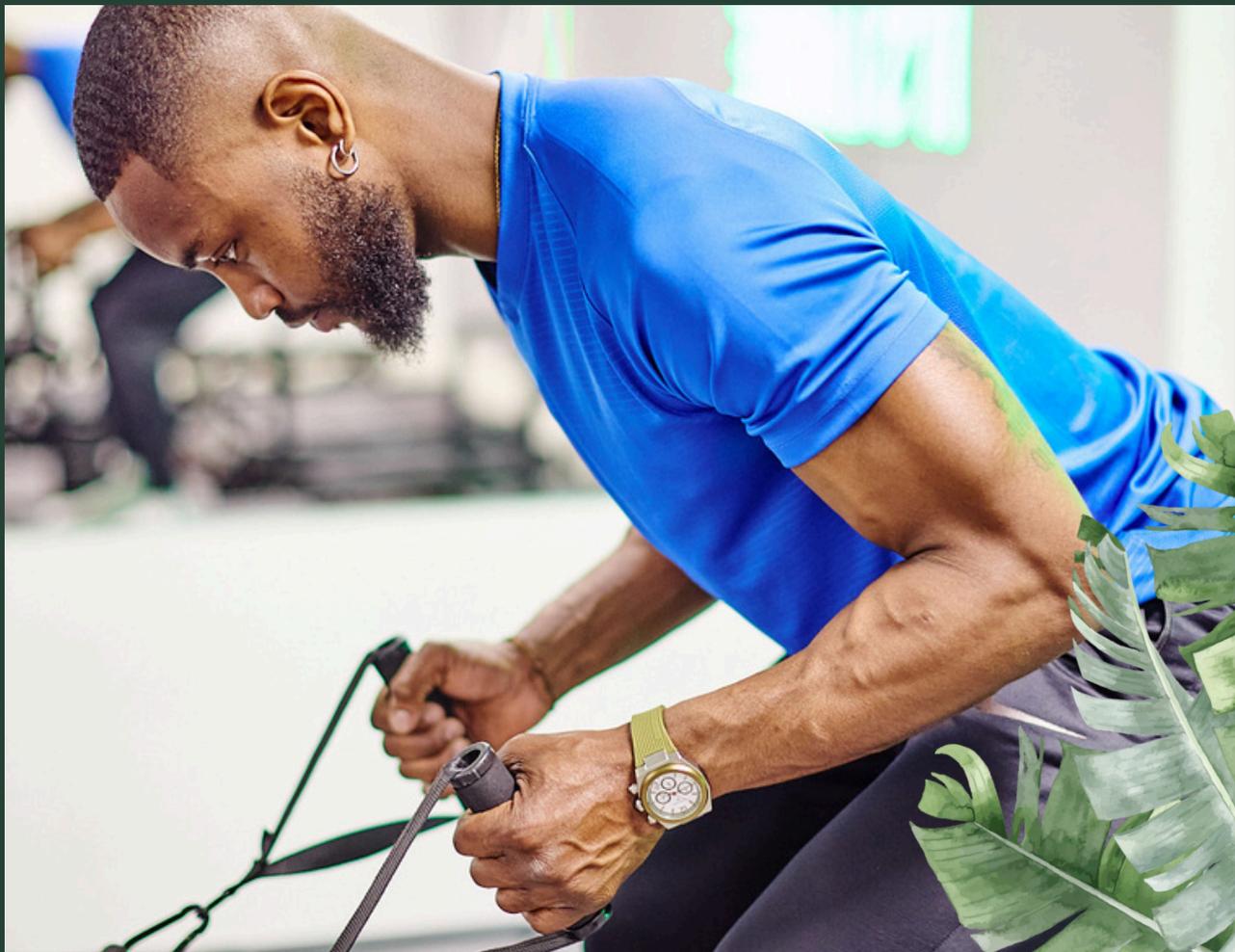
BALI

May 22-23-24

PRICING

The total cost of the training is :

1,900 CHF





RULES

Modules are taught in **both French & English** and material will be shared in both languages also. If you miss a day of training, the teacher will decide if you can continue the training.

Maximum of 10 students per sessions. We may postpone session if less than 5 clients sign up.



CANCELLATION POLICY

- **100% refund** if canceled **more than 30 days before** the first training weekend.
- **50% refund** if canceled **between 14 and 30 days before** the first training weekend.
- **No refund** if canceled **less than 14 days before** the first training weekend **or during the module.**

REGISTRATION & PAYMENT

All sign-ups and payments are completed easily **through the Kysko app.**

[DOWNLOAD IT HERE](#)





WE'RE ALL KYSKO

MOVE, SMILE AND LIVE FULLY
GENEVA • LAUSANNE • VEVEY

www.kysko.com

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