

"The PRT credentialing process was an all-around amazing experience and one of the best of my career. First, going through the in-depth application process helps to challenge and grow your knowledge base and thought process while helping you to review and master so many details that go into the great science and practice of PRI. You have no choice but to get better as you go through all of the steps. Visiting the Institute and sitting for testing is an extremely rewarding experience that will test your thought process even farther. Having the opportunity to work with and learn from brilliant people like Ron and Jen and other applicants is an experience that anybody should be excited and grateful to go through. If you love PRI, have been studying and practicing the science for a while and want to take your understanding and ability to utilize principles and applications to the next level, then just do it and don't look back!"

**- Nick Rosencutter, CSCS, LMT, NSCA-CPT, PRT (Fifth Dimension Fitness – Greenfield, WI)**

"Sitting for the PRT was the most fulfilling endeavor of my professional career. Having spent time in the private, collegiate, professional, and tactical settings, holding a graduate degree and 12 certifications through 11 organizations, and having participated in, contributed to, and organized both conferences and summits, this was unquestionably the most dense, challenging, and rewarding experience of my 14 years in the field. There is a lot of curiosity as to what the Postural Restoration Institute is and if the principles they espouse are applicable in the realm of performance. Put succinctly, the Postural Restoration Institute provides a universally applicable model of expression: a framework for how we navigate the world. Whether you want to better understand the myokinematics of gait, bridge the gap between performance and rehabilitation, or begin exploring systemic integration, you will find direction in the Postural Restoration Institute's paradigm. The opportunity to spend a weekend in a room with Ron, Jen, Dan, and the rest of the PRI family was well worth the cost of the application alone. For anyone considering the process, it is one I feel confident saying, you will not regret pursuing."

**- Colin Kidwell, CSCS, PRT (US Naval Special Warfare Human Performance Program)**

"In a day and age where so many experiences are simply transactional, it is rare to have an educational experience where you feel "seen". The PRT process was in many ways a therapeutic process in and of itself, just for that reason. The instructors were passionate, supportive, and welcoming. I cannot recommend this process enough. I walked away with a renewed passion for the science of PRI."

**- Colby Mamigonian, CSCS, PRT**

"I really enjoyed the whole process, everything from taking the courses, all the review you have to do to complete the application, and especially the opportunity to spend 2 days with Ron, Jen and Jason. From start to finish it was a big commitment, but also one of the most rewarding things I've done."

In pro sports we spend a lot of time talking about culture... What do we want it to be? How do we create it? How do we instill it in people we bring into the organization? It's a hard thing to define, but you know when you have it and you sure know when you don't have it. One thing that's always struck me about the Institute is the culture, every experience has been positive, supportive, and about helping others grow. So, I want to thank you guys, I'm proud to be a part of it."

**- Jon Sanderson, ATC, CATC, RMT, PRT (Vancouver Canucks – Vancouver, British Columbia)**

"I have never experienced such a positive learning environment. It was an opportunity to learn, constructively criticize, and allow for growth on many levels."

**- Steve Lintern, MS, ATC, CSCS, PRT (Tulsa Oilers/Lintern Athletic Integration Center – Tulsa, OK)**

"I have been through a few certifications throughout my educational journey and the PRT was by far the most impressive one yet. The Institute has a great understanding of how to guide someone through this journey from the classes that they require to the application process. Each candidate was and still is treated as a part of the Postural Restoration community and the staff was amazing at assisting us along the way with any questions or struggles we were encountering. You could tell that they truly cared about your learning process and wanted you to gain a better understanding and appreciation for the science. I can say that I 100% learned more about myself and Postural Restoration throughout this journey. I highly recommend taking the leap and going through the PRT process if you are considering it."

**- Diane Banderas, MS, CSCS, PRT (The Xplosive Edge – Omaha, NE)**

"After Myokin in the Spring of 2013, I took all the home study courses and eventually began attending live seminars. In retrospect, this was good for me, because if I had taken the live seminars first, I would have been completely lost. While I studied functional anatomy as much as I could, I never saw it mentioned anywhere that the human body was inherently asymmetrical. PRI presented me with the way the body truly operates. I was exposed to a whole new paradigm, a paradigm that the mainstream fitness and rehabilitation world were largely unaware of. In a sense, I had to unlearn everything I had previously learned, and realize that my previous understanding of the body only applied after restoring tri-planar movement through a pelvis, ribcage, and neck.

After about three years of seminars, study, and using PRI in my personal training business, I sent in my application for PRT credentialing and it was accepted. My excitement grew throughout the late fall and early winter. I was finally going to see the home of the PRI movement that had changed my physical, emotional, and intellectual life.

My expectations were surpassed. There was a lively "meet and greet" on the Sunday night that everyone arrived, where I was able to meet the other members of the PRT class. The PRI facility is beautiful and very comfortable for learning. It's design alone stimulates intellectual thought. And, happily for me, they provided breakfast and unlimited coffee every morning. The people who spent the most time with us, Ron, Jen, Matt, Hannah, and Neil Rampe, head trainer of the LA Dodgers, were all as nice as can be.

The thing that inspired me the most, however, was how much time they spent getting to know us as individuals. They wanted to know our stories; how we ended up in Lincoln, Nebraska on a frigid January weekend. They wanted to know what motivated us. What drives us to keep learning about PRI. And let's face it, being a PRI minded person can be a lonely experience, simply because so few people understand it at this point in time. Going through the PRT credentialing process let me know that not only are other people really excited about PRI, but it gave me the sense that I am part of a larger and growing community, even though I work alone in New Jersey.

It's comforting to know that there are people out there that understand what makes me tick: people that think how I think; who get excited about esoteric subjects; who understand my intellectual interests. They exist. They are welcoming. They are the Postural Restoration Institute. And I'm proud to be a part of them."

**- Neil Hallinan, CSCS, PRT**

"Stop whatever you are reading or studying and enroll in a PRI course now! In twenty-five years of research and studying PRI completely revolutionized the way I think about the organization of the body and how to work with it. The principles taught in these courses apply to everyone regardless of age or fitness level and greatly improve overall health, movement and performance.

The approach is simple – breathing and alignment – but the concepts are specific and scientific. The coursework will challenge your beliefs as well as your intellect but don't be dissuaded. The live courses are amazing and the attendees all experts in their fields. I was also thankful for the home study options so

I could rewind and repeat as often as necessary. The exams provided feedback about my level of understanding and gave me the confidence to apply for the Postural Restoration Trained program.

PRI/PRT is, by far, the most extensive education program I've ever undertaken and provided the most applicable information for everyone in my practice. It's a level beyond and it is the accomplishment and designation that I am most proud of in my career."

**- Beth Kais, CSCS, PRT**

"Obtaining the PRT was more than just taking another test to add letters behind my name. It was an opportunity to challenge myself to move to the next level in an area I am passionate about. The 2 days at PRT testing weren't the end of over 2 years of studying, but the beginning of moving forward with an organization that is quietly changing the way we treat the human body. I highly encourage anyone who has met the PRT requirements to take the next step to obtain the PRT credentials."

**- Tim Dempsey, CSCS, PRT**

"The PRT credentialing process was a wonderfully fulfilling experience. The challenge of putting together the application combined with the nurturing environment of the testing phase in Lincoln was such an impactful learning opportunity. All of the Institute's staff members involved with the process in addition to my fellow applicants were fantastic in both professional quality and character. I am certainly proud to have earned the PRT designation in the eyes of the Postural Restoration Institute."

**- Ryan DiPanfilo, ATC, CSCS, PRT**

"PRT credentialing process was a great learning experience for me from application to credentialing exam. Those two days were very special moments for me in terms of integrating PRI together and being a part of PRI family! "

**- Takashi Onuki, ATC, CSCS, PRT**

"It was one of the most meaningful two days that I have ever had! Thank you guys so much for providing us this opportunity."

**- Akihito Tajima, ATC, PEC, PRT**

"Everything was great! Really good stimulated critical thinking and application of the information. The two days flowed really well and built off of everything before it. The application process was a great learning experience in itself."

**- Andrew Hauser, ATC, CSCS, PRT**

"While the application process was quite rigorous, it sets a high standard and I feel confident with my colleagues' passion, intellect and knowledge regarding PRI. The credentialing process was a complete joy and an additional learning process!"

**- Lilla Marhefka, PhD, HFS, CES, CSCS, PRT**