

What is GYROTONIC® and GYROKINESIS® Exercise?

The Gyrotonic and Gyrokinesic methods are complementary exercise methods that fall under one umbrella- the **GYROTONIC EXPANSION SYSTEM®**. Both methods were developed by Juliu Horvath, an ethnic Hungarian, professional dancer from Romania. Horvath suffered a series of debilitating injuries during his dance career, and began developing what are now known as the Gyrotonic and Gyrokinesic Methods as a way to heal himself and regain his strength and agility.

Gyrotonic exercises are performed on custom-designed Gyrotonic equipment, whereas Gyrokinesic exercises are performed on a mat and chair. Both Gyrotonic and Gyrokinesic exercise sequences are composed of spiraling, circular movements, which flow together seamlessly in rhythmic repetitions, with corresponding breath. Each movement flows into the next, allowing the joints to move through a natural range of motion without jarring or compression. These carefully crafted sequences create balance, efficiency, strength and flexibility.

Since the thirty plus years since Horvath began developing the Gyrotonic and Gyrokinesic methods, the Gyrotonic Expansion System has grown to include a global community of over 7,800 Gyrotonic and Gyrokinesic Trainers teaching in 52 countries.

The Gyrotonic and Gyrokinesic methods are both highly adaptable, making them accessible to everyone, regardless of age or physical ability. Gyrotonic and Gyrokinesic students live in many parts of the world, and come from all walks of life. Accomplished athletes and dancers, college students, baby boomers, senior citizens, and people with disabilities - many have become devoted practitioners of Gyrotonic and Gyrokinesic exercise.

The GYROTONIC® Method

The Gyrotonic method is an original, and unique movement practice which has roots in Yoga, Tai Chi, and dance. Gyrotonic exercise sequences are composed of spiraling, circular movements, which flow together seamlessly in rhythmic repetitions, with corresponding breath. With Gyrotonic exercises, each movement flows into the next, allowing the joints to move through a natural range of motion without jarring or compression. These carefully crafted sequences create balance, efficiency, strength and flexibility.

The body is designed to work as one harmonious system, to follow arcing and spiraling paths of motion, and to transition from one movement to the next smoothly, and efficiently. Gyrotonic method creator, Juliu Horvath, designed a specialized line of equipment around these natural movement patterns of the human body.

Because Gyrotonic equipment is highly adjustable, it can be customized to fit each person's unique physique, and ability, adapting for things such as height, arm and leg length and physical ability.

Gyrotonic classes can be adapted to fit anyone's ability. The Gyrotonic method is practiced by people from all walks of life, including accomplished athletes and dancers, college students, baby boomers, senior citizens, and people with disabilities.

The **GYROKINESIS**[®] Method

The Gyrokinesis method is a movement method that gently works the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional strength through rhythmic, flowing movement sequences. It is an original, and unique movement practice which has roots in Yoga, Tai Chi, gymnastics, and dance. The Gyrokinesis method is practiced in group or private classes under the instruction of a certified Gyrokinesis Trainer, and can also be practiced at home with a mat, chair, and instructional Gyrokinesis dvds.

Gyrokinesis classes are 60-90 minutes long. Each class begins on a chair with a gentle warm up sequence to awaken the senses, and stimulate the nervous system. This is followed by a series of fluid spinal motions which increase range of motion, and prepare the body to explore more complex movements with agility, and ease. Class continues on the floor with exercises that expand on the spinal motions, gradually adding more complex sequences, incorporating more movements of the hips, shoulders, hands and feet. The floor exercises are followed by a rhythmic standing sequence that incorporates balance, and cardiovascular exercises; then ends with a calming, unwinding sequence designed to prepare the body and mind to reintegrate with the everyday world.

Gyrokinesis classes can be adapted to fit anyone's ability. The Gyrokinesis method is practiced by people from all walks of life, including accomplished athletes and dancers, college students, baby boomers, senior citizens, and people with disabilities.

FOR MORE INFORMATION, PLEASE GO TO: <https://www.gyrotonic.com>

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