



THE GYROKINESIS® METHOD

with instructor Janet Collard

The GYROKINESIS® method comes out of the GYROTONIC EXPANSION SYSTEM® and is done seated on stools or on mats with no equipment. It is a moving, flowing practice that has elements of yoga, swimming, tai chi and other somatic movement methods, but is its own unique system. Incorporating breath and rhythmic movement, Gyrokinesis stimulates the parasympathetic nervous system creating a sense of calm and overall balance internally and externally. It focuses on decompressing the spine, mobilizing the joints, and opening the fascial layer allowing for greater freedom of movement.

SEPTEMBER 25TH - NOVEMBER 13TH

FRIDAYS • 11:00AM - 12:00PM

THIS GROUP TRAINING WILL BE LOCATED IN STUDIO 4.

\$200 for 8 Weeks.

Contact Janet for more info or to sign up: janetmariecollard@gmail.com