GYROKINESIS® method

15 - 19 aug 2022

The classes will introduce you to the principles of the method with chair, standing and floor exercises. From there you hopefully will be able to explore movement and body - mind connection from a different perspective.

People from all walks of life take Gyrokinesis classes, including accomplished professional dancers, fitness enthusiasts, senior citizens, and people recovering from an injury or dealing with a disability.
The Gyrokinesis method coordinates movement, breath and mental focus to address the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional strength through rhythmic, flowing movement sequences. We explore our possibilities and limitations from our comfort zone, using yawning sensation as a stretch quality. The sensation after a Gyrokinesis class is relaxed, yet fully energized. You will most likely feel taller, with a greater sense of balance, as well as increased tonicity, mobility, and elasticity.
Each class is a new experience so that you can join them all or only a few.

Note! The training is open and at no cost to professional freelance dancers and no pre-registration is required. The open summer training is carried out in collaboration between Dansalliansen and Danscentrum Väst.

Elodie Labonne is a certified Gyrokinesis trainer. She also dances and teaches Argentine Tango. Based in Göteborg, she has been giving weekly classes at Pilates Complete and World Dance Company since 2015. She also drives her own company named Connect With Joy, and helps groups and individuals to discover healthier ways of moving. Find out more at www.connectwithjoy.com.

Ansök på https://dansalliansen.se/w/196

Ledare	**Elodie Labonne**
Startdatum	2022-08-15
Slutdatum	2022-08-19
Tider	12.00-13.30 (mån-fre)
Antal dagar	5 dagar
Sista ansökningsdag	-
Plats	Danscentrum Väst
Adress	Ärlegatan 3