

INTRODUCTION GYROKINESIS® method

27 aug 2021

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.

This class will introduce you to the principles of the method with chair, standing and floor exercises. The aim of this session is to give you a taste of what the Gyrokinesis experience is. You will also be able to extract some tools to explore your daily movements and activities, with a different perspective.

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/132

Ledare	**Elodie Labonne**
Startdatum	2021-08-27
Slutdatum	2021-08-27
Tider	11.00-12.30 (fredag) online via Zoom
Antal dagar	1 dagar
Sista ansökningsdag	2021-08-25
Plats	Online via Zoom
Adress	Järntorget 7