

BACKGROUND & METHOD

Created in the United-States by Juliu Horvath, this body training method is derived from yoga, dancing, swimming and tai chi.

It is practiced on a system of 5 advanced wooden devices, allowing to perform an endless number of exercises.

As its name suggests, the Gyro (circle) tonic (strength and elasticity) method is based on circular and multidimensional movements synchronized with a specific breathing and focalized on training and stretching of deep and antagonist muscles.

Through counterweights and strengths, the Gyrotonic® method allows ligaments to soften and reinforce themselves, thus eliminating stiffness and restriction of range of joint movement.

Just as for dancing and yoga, learning to breathe is essential for Gyrotonic®.

Thanks to circular movements, energy goes from the body towards the extremities, then comes back to the centre.

The repetition of movements, always in a fluid way, thus activates the oxygen transport system.

Stretching and reinforcement are practiced in symbiosis and not performed separately, just as it is the case in classical physical training.

As a result of researches and personal experiences, it is today recognized and approved internationally by many health practitioners, professionals in the dancing field and high-level athletes, as one of the most sophisticated and efficient forms of training and physical therapy.

To find out more: <http://www.gyrotonic.com>