

MVSA INTRO TO GYROTONIC® & GYROKINESIS®

INVITATION ONLY | WEDNESDAYS | 10:30 - 11:30 AM



MOTIONLAB PDX

GYROTONIC® & GYROKINESIS® METHODS

Where Mind and Body are in Harmony

Yelena Foley

Studio Owner & Instructor

Yelena, has an MA in Dance Education from Altay State Academy of Culture, Russia, and has been dancing professionally and teaching dance and movement since 1992.

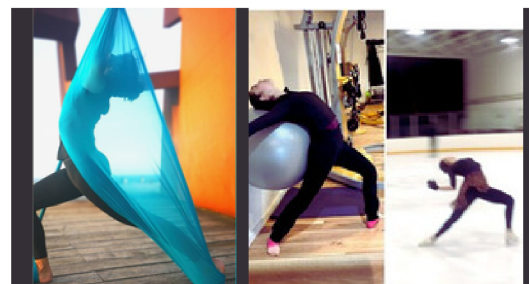
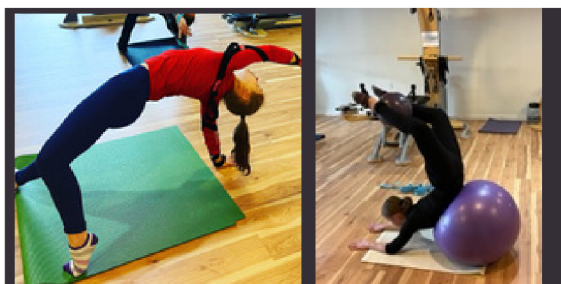
Yelena studied GYROTONIC® exercise with talented and amazing GYROTONIC® Master teachers known all over the country and world and became a Certified GYROTONIC® and GYROKINESIS® instructor in 2006.

Outside of Motionlab pdx, Yelena has taught GYROKINESIS® classes at Russian Ballet Academy, and is one of the founding members of the Portland based Polaris Dance Theater.

WHAT ARE GYROTONIC® & GYROKINESIS® METHODS AND WHY IS IT IMPORTANT FOR FIGURE SKATERS?

Both Gyrotonic and Gyrokinesis exercise sequences are composed of spiraling, circular movements allowing the joints to move through a natural range of motion without jarring or compression. These methods will increase core control, strength, flexibility and stamina. Gyrotonic also strengthens smaller muscle groups such as hip rotators, pelvic floor muscles, multifidi and serratus anterior, to name a few.

Athletes who are involved in sports that require repetitive, one-sided movements, such as figure skating, tennis, and golf, benefit from GYROTONIC® since it recalibrates and rebalances the body through symmetrical, low-impact movements.



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