



# The GYROTONIC®

## Method

### ABOUT

The Gyrotonic method is an original and unique movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion and creating functional strength.

Gyrotonic exercise sequences are composed of spiraling, circular movements which flow together seamlessly in rhythmic repetitions with corresponding breath patterns. Each movement flows into the next allowing the joints to move through a natural range of motion without jarring or compression. These carefully crafted sequences create balance, efficiency, strength and flexibility.

### SPECIALIZED EQUIPMENT

The body is naturally designed to work as one harmonious system, to follow arcing and spiraling paths of motion and to transition from one movement to the next smoothly and efficiently.

The specialized line of Gyrotonic equipment supports these natural movement patterns. Sophisticated adjustments allow Gyrotonic Trainers to adapt the equipment to the ideal setting for each person's unique physique, adapting for things such as height, arm and leg length, natural range of motion and physical ability.

### FOR EVERYONE

Gyrotonic classes are adapted to fit anyone's ability from those recovering from injury or living with a disability to elite athletes.

### AVAILABLE AT:

[www.gyrotonic.com](http://www.gyrotonic.com)

