

The Gyrotonic Method

What is the Gyrotonic Expansion System?

The Gyrotonic Expansion System is an exercise system whose movement principles are similar to yoga, dance, swimming and t'ai chi, but whose main inspiration comes from nature and living things. As such, the repertoire includes every range of movement you can imagine. Your body curves, arches, twists, spirals, undulates circles, stretches, contracts, relaxes and is fluidly and rhythmically guided by the ever present breath. It feels incredible.

The Gyrotonic Expansion System is made up of the Gyrokinesis method, where exercises are performed on a mat and chair only, and the Gyrotonic method, where the exercises are performed on custom designed Gyrotonic equipment. Both methods were developed by Juliu Horvath, an ethnic Hungarian whose professional dance career left him with a series of debilitating injuries that he later healed through his movement practice. Thankfully, he has gifted his knowledge to the world, helping people of all ages and abilities to fulfill their potential through using their bodies as nature intended.

The Philosophy

For Juliu, life is movement—the more movement, the more life is expressed. No matter what your situation you want to always breathe life into every cell of your body by tapping into whatever natural movement patterns you can express. Never push through pain or blocks, but instead find space and move gently through. Having its roots steeped in nature means the Gyrotonic Expansion System can easily access life-giving and healing movement potential. Exercises, for example, mimic how cats' spines move as they stretch, how tigers run, how seaweed sways, how snakes ripple across the ground, and so on. Gyro takes us away from controlled linear exercise modalities that are often motivated by fear and control, and into a more holistic space whereby the body, mind and spirit are all aligned and given respect and nourishment.

What to Expect from a Gyrotonic or Gyrokinesis Class

Expect to move with fluidity, with focus on your breath whilst sitting/standing/lying on your front, back and side. You will explore how the spine moves by being guided to arch and curl, or ripple with a wave-like motion. You will feel how the arms and legs connect into this rhythm and how to move and coordinate your body as a whole.

The Gyrotonic Expansion System is a complete system of exercising: It builds stamina, flexibility and strength, articulates all joints, gets your heart rate up, and improves energy and fluid flow through the body. **N**