

# **GYROKINESIS® METHOD INTRODUCTORY WORKSHOP**

**SUNDAY JULY 3, 2016**

TO BE GIVEN AT:

**GYROTONIC® Melbourne**

Studio A 2 Percy Street

Prahran 3181 VIC



## **Interested to learn and experience this unique body of work?**

This is your chance, as this workshop is open to everyone.

The **GYROKINESIS®** method has its roots in yoga, tai chi, martial arts, gymnastics and dance. This method of movement gently works the entire body, it opens energy pathways, stimulates the nervous system, increases range of motion, and enhances functional strength through the use of rhythmic flowing movement sequences.

The workshop will begin by introducing the important principals of the method, then we will break down some of the movement patterns and conclude the workshop with a full 90 minute **GYROKINESIS®** method class to embody the work in your body.

Cost for the workshop \$150.00

Non-refundable payment must be made by June 17, 2016, spaces are limited.

Times for the workshop:

10:00 AM -4:00 PM

**This workshop is recognized by the APMA and completion allows 4 APMA CEC's.**

**FOR MORE INFORMATION ON GYROKINESIS® log on to:**

**[www.gyrotonicmelbourne.com.au](http://www.gyrotonicmelbourne.com.au)**

**GYROKINESIS®** methodology was developed by Juliu Horvath. When Juliu gave up dancing through injury he wanted an exercise that combined a number of disciplines including swimming, gymnastics, yoga and dance. His idea was to work on all the major muscle groups interdependently while moving in a way that was natural and invigorating. He wanted to celebrate the joy of movement and create a sense of vitality. Through his study of yoga and movement, Juliu Horvath came to understand that there is a physical need to charge the natural life energy within us and found a way for exercise to stimulate the spirit as well as the body.

People who use **GYROKINESIS®** methodology repeat the same mantra; they have more energy, feel good for days after each session, are emotionally more light-hearted and their body feels “alive” and “awakened”.

### **WORKSHOP PRESENTER**

**Dana Rader** is the pioneer of both **GYROKINESIS®** and **GYROTONIC®** methodology in Australia. She is an International Specialized Master Trainer in both **GYROKINESIS®** and **GYROTONIC®**, an accredited Exercise Physiologist with a Graduate Diploma in Exercise Science Rehabilitation from Charles Sturt University. Dana has practiced **GYROKINESIS®** and **GYROTONIC®** methodology since the late 90's having first been a Pilate's follower from the 1980's. Dana also holds a Pilates Polestar Post-Rehabilitation Certification, Australian Pilates Method Certification (APMA), Physical Mind Method Pilates Mat and Standing Certification, a Diploma in Contemporary Pilates and Teaching Methodology, as well as a Certificate IV in Training and Assessment. Dana is a national and international presenter for International Association Dance Medicine Science (IADMS), APMA, Exercise Sports Science Australia (ESSA), as well as other organizations.

She is the owner operator of **GYROTONIC®** Melbourne, and Energy Kinetics Studio and Instructor Training, she travels nationally as well as internationally providing instructor training.

Please contact [dana@energykinetics.com.au](mailto:dana@energykinetics.com.au) or call 0395338400 to book or to request additional information on the workshop.

#### **Payment details are as follows:**

**Account name: Energy Kinetics Instructor Training**

**BSB: 013 355**

**Acct number: 497427519**