

GYROKINESIS®

'Yoga in Motion'

GYROKINESIS® is an **active class** that incorporates key principles from Kundalini Yoga, ballet, swimming gymnastics, acupressure and Tai Chi. Each class begins with an energizing self-massage to awaken the



body and senses. The instructor then guides you through exercises that get all your muscles and bones moving, stimulating the organs, and circulating blood and fluids through the body.

GYROKINESIS®

gently works the joints and muscles through rhythmic and undulating exercises. Postures are smoothly and harmoniously connected through the use of breath, making exercises appear and feel more like a dance than traditional yoga.

The fluid movements mobilize and articulate the joints while simultaneously stretching and strengthening the body, increasing range of motion and developing coordination.

The exercises are fluid and organic, working through the spine with waves, spirals, arch/curly and rocking movements, releasing

the arms, shoulders and chest, and mobilizing the hips and knees. The corresponding breathing patterns in every movement stimulate the nervous system, open up the energy pathways and oxygenate the blood.

You will leave our classes feeling flexible, strong, rejuvenated and invigorated.

GYROKINESIS® invigorates and re-educates the body to move with fluidity, relaxation and power. It is an aerobic workout, ideal for any man, woman, senior, athlete or dancer, seeking health, stamina, strength and flexibility.



GYROKINESIS® Guided group choreography.
Participants limited to 10 persons. Mats & stools provided.
WA exclusive.

Open Class Costs **\$17**
10x @ **\$140**

Current Class Times **Monday & Wednesday 6-7pm**
Thursday 10-11am
Saturday 8-9am

Call now to reserve your place!

Prices include GST & subject to change.
Concession Rates for qualifying persons.

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www.revolutionpilates.com



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