

Q: What is GYROTONIC® and GYROKINESIS® Exercise?

A: After experiencing many personal struggles and chronic illnesses, Juliu Horvath, former dancer and creator of the GYROTONIC® Expansion System spent many years in self-exploration and study. These experiences not only led him to true healing, but he was also inspired to create movement principles that offer the same benefits also found in yoga, dance, gymnastics, swimming and tai chi, but are not derived from these other exercise modalities. Some of the hallmarks of GYROKINESIS® exercises are the fluidity of the movements and the ease with which one can perform them. It is used world-wide by dancers, athletes, and in rehabilitation facilities, as well as for general conditioning for all walks of life.

For more information on this system, please visit www.gyrotonic.com.