

**What is Gyrotonic?** A holistic approach to movement, Gyrotonic exercise incorporates principles from dance, yoga, gymnastics, swimming and Tai Chi. Emphasizing continuous, flowing movements synchronized with breathing patterns, the Gyrotonic Expansion System increases strength and flexibility, renews energy and vitality, and promotes an overall sense of calm and well-being. Featuring the GSX, a specially designed wooden machine with rotational discs and weighted pulleys, exercisers strengthen their muscles and recover from injury and illness.

### **Gyrotonic History**

Originally named “Yoga for Dancers,” the Gyrotonic Expansion System was created by Juliu Horvath, a swimmer, gymnast, and then ballet dancer who struggled with chronic pain and injury. After tearing his Achilles tendon and herniating a disc, his dancing career ended and he began efforts to rehabilitate his injuries. After six years of intensive yoga and meditation, Harvath gradually developed what came to be the Gyrotonic and Gyrokinesis Methods. While initially targeting dancers, today Gyrotonic is a comprehensive system of exercise for all people, regardless of age and ability. Horvath continues to develop his methods, refine equipment designs, and conducts teacher training courses around the world.

### **Gyrotonic Expansion System Principles**

Four primary principles drive the Gyrotonic Method:

- Intention
- Stabilization through contrast
- Decompression of the joints
- Coordination of movement and breath

### **Gyrotonic Equipment**

Developed by Gyrotonic Expansion System Creator Juliu Horvath, Gyrotonic equipment is designed to accommodate the natural movement patterns of the human body. Featuring adjustment mechanisms that can be customized to suit each exerciser’s unique physique and physical ability, Gyrotonic Specialized Equipment includes Pulley Tower Combination Unit.