

Tuesday, February 12, 2013

GYROTONICA - Special Rates for Dancers

Call 914.309.3416 or email amandataysw@gmail.com

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Have an injury?

Feeling tight or stiff in certain parts of your body?

Or just want to increase your range of movement, strength and flexibility?

GYROTONIC is great for everybody. Some people call it the 'new pilates' but it is way better and different. Check out this video link about GYROTONIC and you will understand why I say that GYROTONIC is like dancing with the towers: http://www.youtube.com/watch?v=JTzdfAYRMw&feature=player_embedded

11-hour Private Session: \$50 (most places usually charge \$80 and above)

10 1-hour Private Sessions: \$450

11-hour Semi-Private/Duet Session: \$35 per person

10 1-hour Semi-Private/Duet Sessions: \$300 per person

For groups 4 or more to form a private class (maximum 8/10 people depending on day and time): \$20 per person

Call Amanda Tay at 914.309.3416 or email amandataysw@gmail.com for enquiries and appointment booking.

About GYROTONIC

GYROTONIC of multidimensional exercises that gently balances the body's strength and flexibility. Through circular movements and breathing patterns, the exercises stimulate the internal neuromuscular system and improve kinesthetic awareness. The results are improved alignment, injury rehabilitation and prevention, and a greater, more fluid range of motion.

GYROTONIC was created in 1984 to rehabilitate dancers. Using fluid exercises and non-linear circular motion, GYROTONIC strengthens the core. It follows the principles of yoga, utilizing the breath to strengthen and stretch muscles and improve circulation. This style of movement increases range of motion, strengthens the nervous system and improves spinal articulation and flexibility.

GYROTONIC is used around the world by physical therapists, chiropractors, osteopaths and hospital rehabilitation units.

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