

December, 13-18, 2013

GYROKINESIS® with Caroline Brethenoux

Company: NYC Dance Week
Venue: Roy Arias / 777 Studios
Location: New York, NY

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GYROKINESIS® exercises allow one to work on the entire body through seven natural elements of spinal movement: forward, backward, left side, right side, left twist, right twist and circular, as well as all other joint articulation. This approach systematically and gently works the joints and ...

NYC Dance Week
777 8th Avenue
New York, NY, 10036
<http://nycdanceweek.org/weekly-classes>

Schedule
December 13, 2013: 10:30am
December 18, 2013: 6:00pm

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