

Wednesday, November 27, 2013

GYROKINESIS® with Jessamine Joy

Company: NYC Dance Week
Venue: 444 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
440 Lafayette St #4
New York, NY, 10003
<http://nycdanceweek.org/weekly-classes>

Schedule
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