

October 5 - December 28, 2017

Gyrokinesis w/ Alexandra Berger

Company: Mark Morris Dance Center
Venue: Mark Morris Dance Center
Location: Brooklyn, NY

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GYROKINESIS® is a fluid non-weight-bearing yoga for the spine and focuses on opening up the joints and muscles from the inside outward, through movement.

Starting in a seated posture, the class warms up with gentle spinal motions in all directions: arching, curling, spiraling, & tilting, utilizing an active breath to slowly deepen the action. Adding in the legs and then moving to the floor, the class gets in touch with every part of the body with a focus on expansion through strength in the core.

GYROKINESIS®, as the non-machine format of the GYROTONIC EXPANSION SYSTEM®, is gentle enough for a non-mover, yet can work deep enough for a very active individual, providing an excellent form of cross-training for dancers and non-dancers.

Thursdays 9:00 - 10:00am

Instructor: [Alexandra Berger](#)

Mark Morris Dance Center
3 Lafayette Avenue
Brooklyn, NY, 11217
718.624.8400
[http://markmorrisdancegroup.org/dance-center/adult-classes/Fitness/Gyrokinesis?](http://markmorrisdancegroup.org/dance-center/adult-classes/Fitness/Gyrokinesis?utm_source=dancenyc&utm_medium=website)
[utm_source=dancenyc&utm_medium=website](http://markmorrisdancegroup.org/dance-center/adult-classes/Fitness/Gyrokinesis?utm_source=dancenyc&utm_medium=website)

Schedule
October 5, 2017: 9:00am
October 12, 2017: 9:00am
October 19, 2017: 9:00am
October 26, 2017: 9:00am
November 2, 2017: 9:00am
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