

Gyrotonic®

with Jeanne Reilly

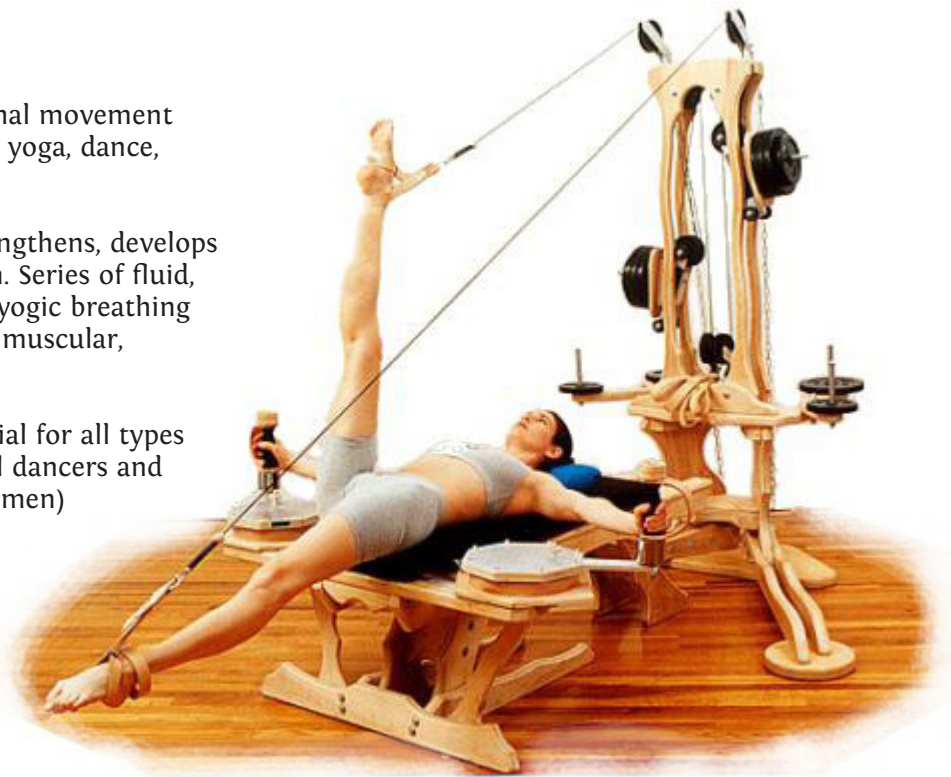
What is Gyrotonic?

Gyrotonic® is an innovative, three-dimensional movement technique that incorporates principles from yoga, dance, gymnastics, swimming, and tai-chi.

Each exercise simultaneously stretches, strengthens, develops coordination, and increases range of motion. Series of fluid, circular movements are synchronized with yogic breathing patterns and work the entire body through muscular, skeletal, and cardiovascular stimulation.

Gyrotonic® is versatile enough to be beneficial for all types of bodies (yogis, senior citizens, professional dancers and athletes, the injured, pre- and post-natal women)

A single Gyrotonic® session can relieve muscle stress, and leave you feeling invigorated and more aware of your whole body. After a few weeks of training, you will likely feel a pronounced difference in strength, ease, efficiency of movement, and overall sense of well-being.



Key Benefits

- Develops strong, lean musculature
- Increases flexibility, coordination, & balance
- Corrects postural imbalances and elongates the spine
- Enhances joint mobility & articulation
- Strengthens the core
- Prevents & improves conditions such as osteoporosis, scoliosis, & arthritis
- Increases circulation of blood, lymphatic fluids, & energy
- Strengthens the nervous system
- Helps to slow the aging process
- Can be applied to enhance the benefits & performance of any physical activity (dance, sports, yoga, walking, bicycling, etc.)
- Supplements physical therapy & other rehabilitative bodywork.

Jeanne Reilly became interested in Gyrotonic® through her career as a professional dancer. She was amazed at the new freedom and strength she found in her body, and became passionate about sharing this knowledge with all types of people, including other dancers and athletes, yogis, senior citizens, the injured, children, and pre- and post-natal women.

Jeanne has studied with many enriching teachers. She trained as an instructor of Gyrotonic® and Gyrokinesis® with a variety of master trainers, as well as with Juliu Horvath, the system's creator. She has studied anatomy and body reading with Tom Myers, kinesthetic anatomy with Irene Dowd, and completed Leslie Kaminoff's Advanced Studies Yoga Anatomy training. She has also studied nutrition and holistic health counseling at The Institute for Integrative Nutrition, and graduated magna cum laude from Barnard College of Columbia University. Additionally, she trained as a classical dancer at the Joffrey Ballet School, and has performed with a variety of ballet and modern dance companies around the United States. She brings her love of movement and her fascination and reverence for the human body to every class that she teaches.

Contact for Scheduling

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