

Gyrotonic® Level 1 as a Musical Journey

In this course, an original musical score, created by Gyrotonic Method creator , Juliu Horvath, in collaboration with musician, Rodolfo Troncoso, guides movers through a fluid, continuous stream of Gyrotonic Level 1 exercise sequences. The rhythm, and tone of each song resonates with the specific timing, and intention of the movement it accompanies. This harmonic synchrony enhances the depth of the Gyrotonic exercise experience. The Gyrotonic Level 1 exercise curriculum, intermediate exercise sequences, and the Gyrotonic Nerve Strengthening Sequence, are all included in this course.

Participants receive a course manual, and music download. DVD's are also available (exclusively for course participants) to purchase.

This course counts as a Licence renewal course.

Language: english

Length: 6 days

Price: 850.—Euro + 100.—Euro studiofee

Requirements: Gyrotonic Level 1 Trainer