

# A FEEL-GOOD WORKOUT

Gyrokinesis are two new fitness programmes making waves on the fitness scene. By Nawaz Modi Singhania

## Advantages

- It teaches the body to move with fluidity, relaxation and power.
- Leads to a lean, slim and strong body. Head to toe, the entire body and its musculoskeletal system are in focus.
- The core, consisting of the mid and lower back and abdominals are strengthened and lengthened.
- Over-tense muscles are released and stretched. Increased range of motion and well-developed coordination are other benefits.

## Preparation

- You need only a stool and a mat.
- Participants should wear comfortable, non-restrictive clothing. Cottons are always the preferred choice of fabric. Exercises are to be performed barefoot.

## Types Of Movements

**Position:** Exercises may be performed in the sitting, standing or lying down position.

**A series of gentle, rhythmic and systematic motions** release, stimulate and invigorate the body. Through repetitive, flowing movements, the entire body is released of stiffness, blood circulation is improved and the internal organs and nervous system are stimulated.

**In all movements, the key focus is on the spine.** Synchronising breathing patterns with the exercises stimulates the nervous system, opens up energy pathways, and helps the body release toxic waste through the circulatory system.

**Movements are not held for long periods of time** and so unnecessary tension is prevented. Instead, the moves are strung together by a smooth, fluid connectivity which

## What is Gyrokinesis?

**G**yrokinesis is the core of the Juliu Horvath System, developed in the 1970s, and is fast gaining popularity in recent times. Initially, it was structured and created out of Horvath's personal struggle with chronic pain, injury and disability. Gyrokinesis is a 'feel-good' system, which is centered on the same principles as Gyrotonics. Gyrokinesis is a floor-designed programme, while Gyrotonics is equipment-based. The system incorporates many key principles from yoga, dance forms, tai-chi, swimming and gymnastics.



The 'Ocean wave' exercise: The upper body flows back and forth while maintaining a firm centre