

## **GYROTONIC® Specialized Courses**

**GYROTONIC®** Applications for Dancers  
**GYROTONIC®** Applications for Equestrians  
**GYROTONIC®** Applications for the Fascial Body  
**GYROTONIC®** Applications for Golf  
**GYROTONIC®** Applications for Healing and Rejuvenating the Hands and Feet  
**GYROTONIC®** Applications for High Level Athletes  
**GYROTONIC®** Applications for the Hip and Knee  
**GYROTONIC®** Applications for Juliu's Wrapping System  
**GYROTONIC®** Applications for Martial Arts  
**GYROTONIC®** Applications for Osteoporosis  
**GYROTONIC®** Applications for the Pelvic Girdle  
**GYROTONIC®** Applications for Scoliosis  
**GYROTONIC®** Applications for the Shoulder Girdle  
**GYROTONIC®** Applications for Tennis  
**GYROTONIC®** Explorations into the Extremes  
**GYROTONIC®** Level 1 as a Musical Journey (with music)  
**GYROTONIC®** Level 2, Program 1 Pre-Training Course  
**GYROTONIC®** Level 2, Program 1 Course  
**GYROTONIC®** Level 2, Program 1 Refresher Course  
**GYROTONIC®** Level 2, Program 2, Pre-Training Course  
**GYROTONIC®** Level 2, Program 2 Course  
**GYROTONIC®** Level 2, Program 2 Refresher Course  
**GYROTONIC®** Pathways of Shoulder, Hip, Spine  
**GYROTONIC®** Principles Applied to Dynamic Trunk Stabilization  
**GYROTONIC®** Principles in the Context of Osteopathy  
**GYROTONIC®** Psoas Principles  
**GYROKINESIS®** Rejuvenation Course  
Re-discovering **GYROTONIC®** Principles  
Update Course for Level 1 **GYROTONIC®** Trainers

last updated 10/4/2016

**GYROTONIC**, **GYROKINESIS**, and **GYROTONER** are registered trademarks of Gyrotonic Sales Corp and are used with their permission.

## **GYROTONIC®** Specialized Equipment Courses

**GYROTONER®** Course

Jumping-Stretching Board Course

Jumping Stretching Board Refresher Course

Leg Extension Unit Course

Archway Level 1 Course

Archway Level 2 Course

## **GYROKINESIS®** Specialized Courses

An Exotic **GYROKINESIS®** Journey at the Barre Ballet

**GYROKINESIS®** Applications for Healing the Hands & Feet

**GYROKINESIS®** Breathing Course Intensive

**GYROKINESIS®** Happy Moves (with music)

**GYROKINESIS®** Level 2 Beginner Course

**GYROKINESIS®** Level 2 Course

**GYROKINESIS®** Lotus Blossom 1 (with music)

**GYROKINESIS®** Lotus Blossom 2 (with music)

**GYROKINESIS®** Rejuvenation Course

Update Course for **GYROKINESIS®** Trainers

## **Workshops**

**GYROKINESIS®** Applications for Children- Wonders of the Zoo

**GYROKINESIS®** Applications for Vocal Production

**GYROTONIC®** Ladder Workshop

**GYROTONIC®** Wingmaster Workshop

Jewels of the **GYROKINESIS®** Method

last updated 10/4/2016

**GYROTONIC**, **GYROKINESIS**, and **GYROTONER** are registered trademarks of Gyrotonic Sales Corp and are used with their permission.