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
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