

**GYROKINESIS® Classes**  
**Monday evenings in October**  
with  
**ANJALI AUSTIN**  
**GYROTONIC EXPANSION SYSTEM® Master Trainer**

**GYROKINESIS®** exercises allow one to work on the entire body through seven natural elements of spinal movement: forward, backward, left side, right side, left twist, right twist and circular, as well as all other joint articulation. This approach systematically and gently works the joints and muscles through rhythmic and undulating movements. These movements stimulate the body's internal organs while different corresponding breathing patterns are integrated along with the movements. Fluidity is the key. Postures are not held for long periods of time. Instead, postures are smoothly and harmoniously connected through the use of breath, making exercises appear and feel more like a dance and swimming than like traditional yoga.



**Fees:** \$20.00 per class  
**Dates:** October 4, 11, 18, and 25  
**Time:** 6:30 – 7:30 PM  
**Location:** Abundance Wellness Center 325 John Knox Road,  
Building T, Suite 1, Tallahassee, Florida 32303

Due to limited space please contact [www.gyrotonictallahassee.com](http://www.gyrotonictallahassee.com) or phone 850.566.6875 to reserve a place in the class.

Ms. Austin is a Gyrotonic and Gyrokinesis Master Trainer and Movement Artist. Her background includes a thirteen year performing career with the internationally acclaimed Dance Theatre of Harlem and over 25 years of experience practicing and teaching the **GYROTONIC EXPANSION SYSTEM®**. Currently Ms. Austin is Associate Professor of Dance at the School of Dance at Florida State University in Tallahassee, Florida. Additional information on Ms. Austin may be found at [www.gyrotonictallahassee.com](http://www.gyrotonictallahassee.com).

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