

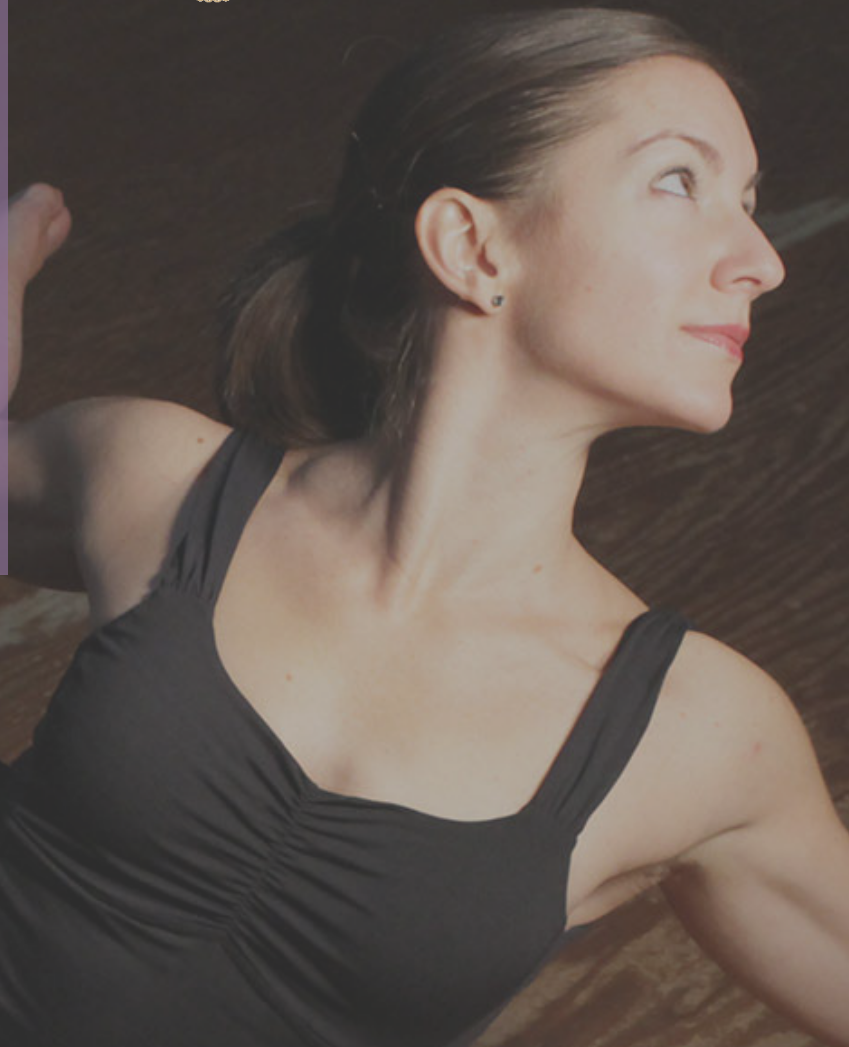
A JOURNEY THROUGH THE SPINE

SATURDAY, SEPT 29
2-4 PM

with Jennifer Daly
Specialized Master Trainer



Elevate
Yoga & Barre Studio



This 2 hour workshop will be a fluid and invigorating introduction to the GYROKINESIS® methodology. GYROKINESIS® is a three dimensional movement technique that strengthens, lengthens, and balances the body. You move through circular and diagonal pathways to stimulate all possible ranges of motion in the joints, specifically the articulation and alignment of the spine. The class focuses on rhythm, repetition, and connecting the breath to the movement pattern. You will feel taller, stronger, and inspired to keep moving with each arch, curl, spiral, and wave through the body!

\$30 Members | \$35 Drop In