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A Feel-Good Workout

Nawaz Modi Singhanian

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 harmoniously blends with breathing techniques. Exercise therefore seem more like a dance than a traditional workout. Dynamism and fluidity are at the heart of Gyrokinesis.

Senior Citizen Plus

These exercises can be done entirely at one's own pace. This is a non-impact exercise so senior citizens find great value from the

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methodology. A variety of health problems can be controlled and in many cases, reversed. Gyrokinesis is used extensively in rehabilitation centres, dance studios, sports training and fitness facilities all over the world.

Starting From 'A'

Gyrokinesis sessions begin with self-massaging, tapping and utilising pressure points and techniques from head to toe, accompanied by correct breathing patterns in order to awaken the body. The initial level of Gyrokinesis is based on body kinetics. The method works the spine through seven basic realms of motion - forward, backward, right, left, twist to the right, twist to the left and circular. Arching, bending, twisting and curling the spine into circular, spiral movements are key to the system.

What is Gyrokinesis?

Gyrokinesis 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.