body evolutions
is a true sanctuary, nestled in the heart of the East Village.

Our mission is to bring the joy of moving freely in a non-restricted, fluid, pain-free body to as many people as we can through the practice and intelligence of the **GYROTONIC EXPANSION SYSTEM®** in a studio environment that supports happiness, peace, harmony, growth, and overall wellness.

We are proud to offer the largest and most beautiful **GYROTONIC®** exercise studio in NYC; fully equipped with 12 Tower Units, 2 Jumping Stretch Boards, 2 Leg Extension units, 1 **GYROTONER®**, and an Archway.

We would love to give you a tour of our beautiful studio and answer any questions you may have about gyrotonic exercise.







THE GYROTONIC EXPANSION SYSTEM®

The GYROTONIC EXPANSION SYSTEM® is a revolutionary movement system that draws from key principles of gymnastics, swimming, ballet, and yoga. With Gyrotonic exercise, major muscle groups are worked interdependently and in an integrated manner in order to increase range of motion and develop coordination, strengthening ligaments and all attachments.

The movements of Gyrotonic exercise are performed with spherical awareness and circularity, unlike the movements of most conventional exercises, where linear or isolated movement patterns are performed. **All Gyrotonic motion patterns are natural, turbulence-free, and pure.** This creates a bridge between contraction and extension through the rotating movement of the joints; movement which emphasizes multiple joint articulation without compression. Gyrotonic exercise simultaneously stretches and strengthens the entire body with minimal effort.

All sporting activities demand strength, flexibility, coordination, and range of motion. The **GYROTONIC EXPANSION SYSTEM®** offers athletes these crucial elements yet also provides them with an even **greater degree of endurance, versatility, and gracefulness; increasing their ability to perform any athletic skill or motion.**

GYROTONIC® EQUIPMENT

Gyrotonic equipment has been developed around the human body with emphasis on total and complete freedom of movement. **All of the equipment was designed to enhance the process of building coordination, strength, and flexibility.**

The **GYROTONIC EXPANSION SYSTEM®** is used worldwide with great success by dancers, athletes, and rehabilitative facilities. It is also widely used by children and senior citizens. Everyone can gain increased health and vitality.

www.bodyevolutions.com

body evolutions be. yourself

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