

**Introduction to  
GYROKINESIS® methodology  
for  
Licensed Massage Therapists**

**Florida Board of Massage Therapy course #20-538863  
Continuing Education Units: 3 hours**

This course emphasizes the importance of self care for licensed massage therapists through the principles of Gyrokinesis methodology. It focuses on strengthening and movement efficiency by working on the entire body through seven natural elements of spinal movement, as well as joint articulation and mobilization. Based on fundamentals from Kundalini yoga, dance, and martial arts, exercises are spinal specific and executed seated, standing, and on the floor. Movements are rhythmic in quality and breathing patterns are included for release of tension and ease of execution.



Photo Courtesy of GYROTONIC® International Headquarters

**Fee:** \$60.00

**Dates:** January 13 (Friday) **Time:** 4:00-7:00 pm

**Location:** Abundance Wellness Center 325 John Knox Road Bldg T  
Tallahassee, Florida 32303

For information and to reserve a place contact 850.566.6875 or email [creativemoves@aol.com](mailto:creativemoves@aol.com)



Anjali Austin is a distinguished interdisciplinary artist whose career includes thirteen years of performing with the critically acclaimed Dance Theatre of Harlem. She is a **GYROTONIC®** and **GYROKINESIS®** Specialized Master Trainer with over 30 years of experience practicing and teaching the methodology. Ms. Austin holds an MFA in Interdisciplinary Arts from Goddard College, is on the faculty in the School of Dance at Florida State University, serves on the Board of CORPS de Ballet International, and is completing her first solo concert titled *THREADS*. Additional information on Ms. Austin may be found at [www.gyrotonictallahassee.com](http://www.gyrotonictallahassee.com).