

**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

CEU Course Fee: \$60.00 (each date)
Dates: January 13, February 17, March 17, or April 14 (Saturdays)
Time: 2:00-5:30 pm (schedule includes a thirty-minute break)
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



Anjali Austin is a distinguished interdisciplinary artist whose career includes thirteen years of performing with the critically acclaimed Dance Theatre of Harlem. A movement artist, she has performed classical, neo-classical, and contemporary works by prominent choreographers, and choreographs nationally and internationally. She augmented her career with training and studies in **GYROTONIC®** and **GYROKINESIS®** methodology, and is a Specialized Master Trainer with over 30 years of experience in the system. Ms. Austin is a Professor in the School of Dance at Florida State University, holds an MFA in Interdisciplinary Arts from Goddard College, serves as President–elect of CORPS de Ballet International, and conducts lectures on the history and legacy of Black classical ballet dancers. Additional information on Ms. Austin may be found at www.gyrotonictallahassee.com.