

Mindful Motion

Mindful Motion introduces GYROKINESIS®, a unique, gentle, exercise system with benefits similar to those found in yoga, dance, swimming and t'ai chi.

Sequences of flowing movements integrate breath and motion. Performed seated, the first series of GYROKINESIS® exercises fully articulates the spine and contributes to supporting the many health benefits of dynamic alignment.

Mindful Motion classes are appropriate for all ages and stages. GYROKINESIS® enhances mobility and the joy of moving with breath, intention and fluidity.

When: Tuesdays, 2.00-3.00 pm
April 17, 24, May 1 & 8

Where: Counterbalance Studio Pilates
1911 Danforth Avenue, Toronto
(between Woodbine & Coxwell)

Fees: Series of 4 classes: \$50.
Individual classes: \$15/class

Information & registration:
carol.anderson2@sympatico.ca

Carol Anderson is a dance artist, movement teacher, choreographer & writer. A certified Level 1 GYROKINESIS® instructor, her breadth of dance, movement and teaching experience, wealth of knowledge and love of being in motion animate her *Mindful Motion* classes.