

# Yoga, Gyrotonic And Gyrokinesis, Movement Training Singapore

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What we offer is a more holistic approach to movement through Gyrotonic; focusing on the mind-body connection, and emphasizing on breath to create stability through the body.

Some of the benefits of a regular Gyrotonic practice include a healthier, more supple spine, increased range of motion, greater joint stability, improved agility and athletic performance and a deep internal strength.

We offer personalized sessions that are adapted to fit the needs of people across all walks of life - from elderly patients recovering from injury, to highly skilled professional athletes.

## GYROTONIC

The GYROTONIC Method is an original and unique movement method that addresses the entire person, opening energy pathways, stimulating the nervous system, increasing range of motion, and improving strength and movement efficiency. Some of the benefits of a regular Gyrotonic practice include a healthier, more supple spine, increased range of motion, greater joint stability, improved agility and athletic performance and a deep internal strength.



## GYROKINESIS

The GYROKINESIS Method shares the same concepts and foundation as the GYROTONIC method. However, this is done without any machines. This system is practiced standing, on the mat and a stool.

Suitable for people from all walks of life — including athletes, fitness enthusiasts, senior citizens, and people recovering from an injury or dealing with a disability.



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