

## **GYROKINESIS®**

**Hannah Shakti Bühler, Frankfurt/Main, DE**

GYROKINESIS® is a holistic movement system that combines elements from Yoga, Tai Chi, swimming and dance. Through specific tools such as hands on and imagery introduced at the beginning of the class, during this 1-hour workshop we will bring attention to the relationship between the diaphragm and the pelvic floor.

The class then continues sitting on a stool with a gentle warm-up sequence to awaken the senses while stimulating the nervous system with active breathing patterns. A series of fluid spinal motions such as arching, curving, spiraling, and tilting aim at increasing the range of motion while creating dynamic alignment through flowing movement sequences. Gradually, the movements expand from the spine to the legs and arms. Rhythmic standing sequences will aim at incorporating balance and cardiovascular exercises. The class then ends with a calming, unwinding sequence. Finally we will have a short reflection time to share open questions.

Kurzbiografie des ersten Autors: Hannah Shakti Bühler studied contemporary dance in London at Laban Trinity College, obtaining her BA (Hons) Dance Theatre. After a career as dancer and choreographic assistant, she enrolled at MACoDE (Master in Contemporary Dance Education) at the HfMDK in Frankfurt am Main, graduating in 2015. Hannah is a certified Gyrokinesis trainer and recently began the Body-Mind Centering Somatic Movement Education Program. Since last semester she holds a deputy professorship in the acting department of HfMDK.