



# *Gyrokinesis*

*with Kathleen*

Wednesdays  
12:15 p.m. – 1:15 p.m.  
All levels welcome!!!

Kathleen R. Anderson, MA, has a Master's degree in Dance Movement Therapy from Antioch/Graduate School in Keene, N.H. and a Bachelors of Arts in Dance from S.U.N.Y. /Brockport of Brockport, N.Y. She has been certified to teach Kripalu Yoga since 1986. She was a candidate for certification of Iyengar style yoga in 1996 – 98. Her Pilates training includes both the Physical Mind (2000) and the Stott Methods (2001) . She has been certified in GYROKINESIS® since (2004) and GYROTONIC® in (2006). Kathleen blends her dance, yoga., Pilates and GYROKINESIS® backgrounds to offer you a most exciting new way of working out. Come strengthen abdominals and lower back while gaining suppleness and flexibility.

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