

# Esalen®

Presents the 9<sup>th</sup> Annual

## **GYROKINESIS® INTENSIVE RETREAT**

**May 4 -9, 2014**

With Juergen Bamberger, Specialized Master Trainer

The GYROKINESIS® methodology is based on circular motion. It uses the natural movement possibilities of the spine to increase the circulation of our vital energies.

Undulations, spirals, and waves are used to stimulate and activate all tissues and systems within the body. These movements also open the joints and systematically strengthen their surrounding structures. Major muscle groups are synergistically activated and gently stretched. Combined, this creates a flow of movement that will reconnect and rejuvenate the mover, bringing back the primal joy of living in a moving body.

The GYROKINESIS® movement ritual is dynamic and meditative by nature. It takes you on a journey through your entire body which opens your awareness to how your physical structure interacts with your energetic aspects. In this mindful approach, guided physical activity goes hand in hand with energetic awakening. During the 5 day retreat we will go through a deepening series of GYROKINESIS® classes day after day, exploring the interconnection between movement, breath, sound vibration and subtle energy flows.

While physically demanding, the retreat is open to all levels. It is an opportunity for an in-depth GYROKINESIS® experience in one of the most beautiful settings on the planet, taught by one of the most experienced teachers of this integrative movement form.

**Again, a SWEAT LODGE (optional) will be part of the retreat.**

Register on the web or call 831 667 3005

For additional information please contact [info@esalen.org](mailto:info@esalen.org)

*Esalen Institute, founded in 1962, has long been recognized as a world leader in alternative and experiential education. The institute is dedicated to exploring work in the humanities and sciences that furthers the full realization of the human potential.*



*Dramatically situated on the Big Sur cliffs, Esalen is equally renowned for its transformational seminars and trainings, and its natural healing hot springs.*



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**JUERGEN BAMBERGER**, authorized GYROTONIC® Master Trainer, B.A Dance/ Dance Education is an internationally recognized educator and pioneer in the GYROTONIC® field and his teaching experience encompasses more than 25 years. Since 1991 he has trained countless Gyrotonic® instructors around the world. He has spent many years working with the therapeutic application of GYROTONIC® in facilities like the 'Alpha Clinic' in Germany and 'Physical Therapy Arts' in NYC. Juergen has studied and practiced many forms of bodywork and movement techniques. He is based in NYC and conducts teacher trainings worldwide.

[www.juergenbamberger.com](http://www.juergenbamberger.com)

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