

# GYROTONIC EXPANSION SYSTEM®

*“the art of exercising and beyond.....”*

## Coming to Del Mar Ballet July 1<sup>st</sup>!!

### TIRED OF YOUR WORKOUT? WANT TO TRY SOMETHING NEW?

Through the use of a unique machine, this system simultaneously stretches and strengthens, increases range of motion and mobility in the joints, and develops co-ordination.

The fluid, expansive movement is a joy to perform – never boring, always challenging – no matter what your age or fitness level might be.

The system is intended to improve flexibility and balance as well as muscle strength. The Gyrotonic System offers three dimensional, circular movements, which use specific yogic breathing patterns that will help to cleanse, detoxify and rejuvenate the entire body

TAUGHT BY  
**MURIEL TEAGUE –  
CERTIFIED TRAINER**

**OFFERING PERSONAL TRAINING AT  
IT'S BEST**

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