



GO WITH THE flow

回旋运动

GYROKINESIS® is a holistic system of exercises that blends yoga, pilates, dance and even *taiji*. Its fluid and undulating moves are designed to strengthen and stretch your muscles, as well as render your joints more flexible.

Compared to the ancient art of yoga, GYROKINESIS® is a newborn infant. The exercise was developed in the 1980s by ex-dancer Juliu Horvath, who used GYROKINESIS® to rehabilitate his injuries. At first glance, it may look identical to yoga and pilates, but GYROKINESIS® movements are more fluid, undulating and circular. "You're always moving with the flow," explains Audrey D'cotta, a trainer at The Moving Body group.

D'cotta recommends GYROKINESIS® to anyone who is experiencing lethargy, sleep problems, stiff joints and muscles, and breathing problems. "The movements are about the spine, hips and shoulders being able to turn. While yoga and pilates are more about stretching the muscles, GYROKINESIS® is trying to lubricate your joints," she says. Here, D'cotta demonstrates four exercises you can try at home—all you need is a mat and a stool. Most importantly, the movements are meant to be fluid and patient, not static and jerky.

想

练习瑜伽、普拉提，又想跳舞或是打太极？一下子想做那么多，一个星期怎么够用？别担心，现在有一种运动，能让你一次过做完全部你想做的，它的名字叫— GYROKINESIS®（回旋运动）。

虽然看起来跟瑜伽或普拉提差不多，但跟瑜伽的历史相比，GYROKINESIS®只是一个新生儿。前舞者 Juliu Horvath 在80年代因要疗伤，自创了这套运动。GYROKINESIS®的动作更流畅，也有更多的起伏。如The Moving Body group的教练 Audrey D'cotta 所说，你的举止将是流动的。

GYROKINESIS®究竟适合什么样的人？“任何觉得疲惫、有睡眠问题、关节或肌肉僵硬，或是有呼吸问题的人，都应该尝试。”教练说。她进一步指出，运动的重点在于协助颈椎、盆骨和肩膀转动。“瑜伽或普拉提主要是在拉筋，但回转运动则是让你的关节更灵活。” D'cotta 将示范的四套运动，可以让你在家中进行，你只需要准备一张体操垫和一张椅子就可以了。切记，进行时动作要流畅，千万不要硬邦邦的。

Seated psoas stretch

This seated exercise is perfect for office workers. It stretches the hips and spine to reverse the problems of sitting behind a desk for hours on end, such as a stiff back and tight hips. By taking your weight off the stool in the last step, you're also strengthening your leg muscles.

腰肌伸展

这个运动对长期坐在办公室桌前，造成背部僵硬、臀部肌肉紧绷的人最有用，因为主要伸展的部位包括臀部和颈椎的肌肉。



01

Sit on a stool with one leg as you would normally place it and the other bent at a 90-degree angle toward the floor, heel up. Rest one hand on your thigh and the other pointing towards the ceiling.

坐在椅子上，把其中一只脚呈90度踩在地上，脚跟向上，把手放在这只脚上，另一只手则举起。



Remember to keep your leg bent at a 90-degree angle.

弯曲膝盖时，一定要呈90度



02

Breathe in. As you exhale, extend and arch your back, with your upright arm stretching backwards. While doing so, place your resting hand on the back of your pelvic bone and push forward. Ensure you are arching your entire spine.

深呼吸，吐气时伸展背部，同时将举起的手往后拉伸。这个时候也要把原本摆放在脚上的手，从盆骨后方往前推。



03

In this position, slowly lift your weight off the stool and maintain for a few seconds before repeating step one with the opposite leg and arm.

维持这个姿势，慢慢将身体的重心从椅子移开数秒。用另外一对手脚，重复动作。



Sideways arches

By resting on your side instead of on your back to create a smaller base of support, this exercise challenges—and improves—your balance. You'll be stretching your limbs, working your pelvic floor and strengthening your side muscles, all in one easy-to-manage exercise.

侧边拉伸

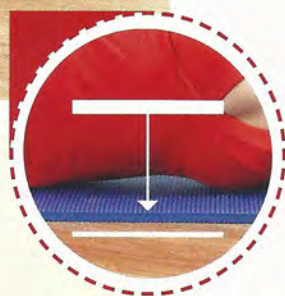
以侧身为重心点，这个运动除了挑战你的平衡能力外，也能增强它。只要一个简单的动作，你就能同时伸展手脚，以及让盆骨和侧肌更强壮。



01

Lie on your side with the arm on the underside of your body horizontally outstretched, and the other arm down the length of your torso. It is important to keep your waist and the bottom side of your torso lengthened off the ground to ensure your spine is straight.

侧身躺下后将手往上伸展。做这个动作时记得腰身要离地，才能将脊椎伸直。



Keep your waist and torso off the ground.

做这个动作时，记得腰身要离地。

02

Take a deep breath, and as you exhale, press your bottom arm down to raise your torso and the top leg off the ground.

深呼吸，吐气时将脚抬高，与此同时将头抬起，颈部往上伸展。

03

With your leg and head raised, now lift the arm on top and stretch all your limbs besides your bottom leg and arm in opposite directions to 'open up' your body.

这时，将四肢中的三肢各往不同方向伸展。

Abdominal series

As its name suggests, this series of exercises will strengthen your front and side abdominal muscles. The twisting element also opens your hips and stretches your spine; if you're suffering from back stiffness, this abdominal series could alleviate the aches and pains.

腹部运动

这套运动能增强腹部和侧身肌肉的功能，扭的动作也能让紧绷的盆骨和颈椎放松，减缓背痛的问题。

01

Lie on your back with your arms outstretched perpendicular to your side. Keep your legs together and point them upward and forward, with your knees bent slightly.

平躺在地上后将双手展开，成“大”字型。将双脚放在一起，抬高往上伸，膝盖稍微弯曲。



02

Breathe in, and as you exhale slowly, lift your head, shoulders and neck towards your feet, stretching your abdominal muscles as you do so. If your neck is too strained, hold onto the back of your neck with both hands.

深呼吸，吐气时放慢速度，然后将头、肩膀、颈部移向双脚，这个动作将用到腹部肌肉。



When twisting your legs, ensure they don't rotate beyond 45-degrees. Keep shoulders straight when twisting.

摆动双脚时，记得不要超过45度，也不要扭动双肩。



03

Twist your lower torso and legs in one direction, using your side abdominal muscles to aid you. Remember to keep your toes pointed. While doing so, rotate your head and shoulders in the opposite direction as your legs. Repeat on the other side.

利用侧肌，将下半身转向一边，记得保持脚面绷直，同时将头部和肩膀转向另一边。换边再进行。





Seated side stretch

With just a stool and a simple set of movements, the seated side stretch opens the hip joint and stretches the major leg and gluteal muscles that we use for running and walking. It also stretches the side of your body to relieve the aches and pains of being deskbound for long hours.

侧坐拉伸

只要一张椅子和一套简单的动作，你就能通过这组运动，让盆骨放松和拉伸用来行走或跑步的主要腿部和臀部肌肉。同时也能减缓因长时间在办工作前坐着所造成的酸痛。

01

Sit on a stool with your hands on your thighs and your back straightened.

坐在椅子上，双手放在大腿上，背部伸直。



02

Lean back slightly and extend your right leg, toes pointed. Remember to face forward and keep your neck upright.

稍微往后仰，同时将右腿伸直，脚面绷直。记得直视前方，颈项也要伸直。



03

Cross your right leg over the left and lean forward. Your hands should remain on your thighs.

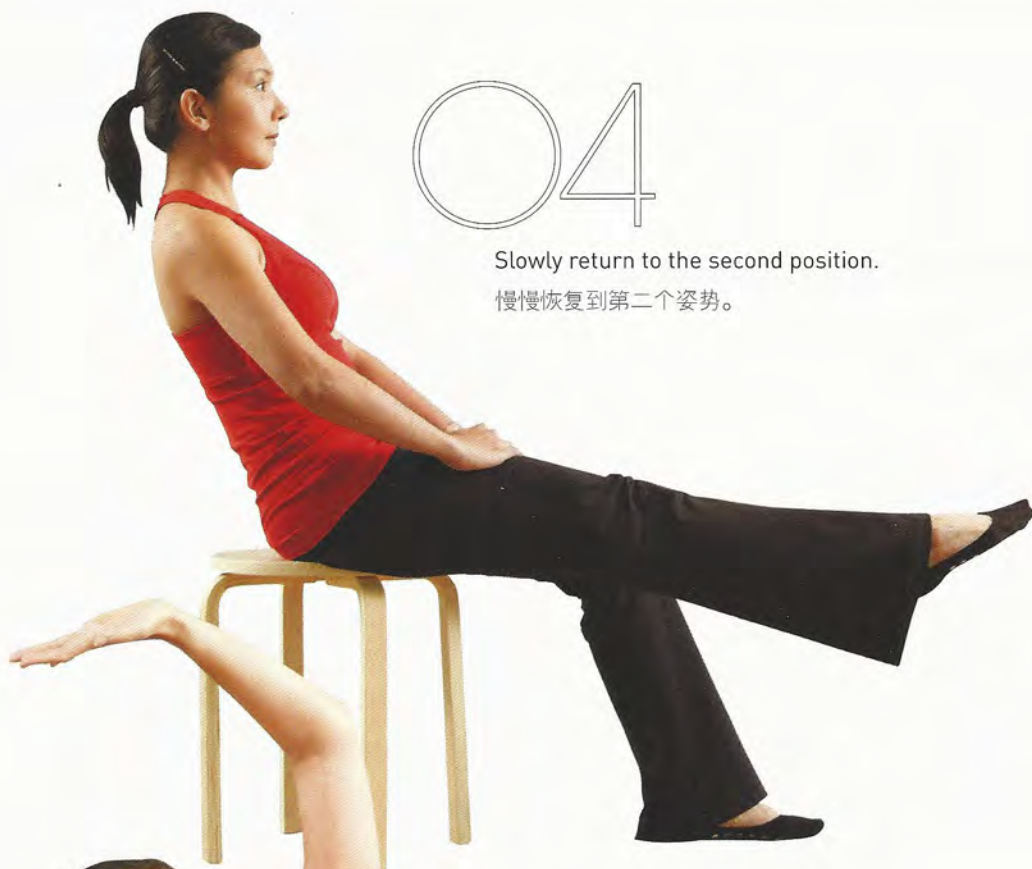
把右腿交叉在左腿上，身体往前移。你的双手应该持续摆放在大腿上。



04

Slowly return to the second position.

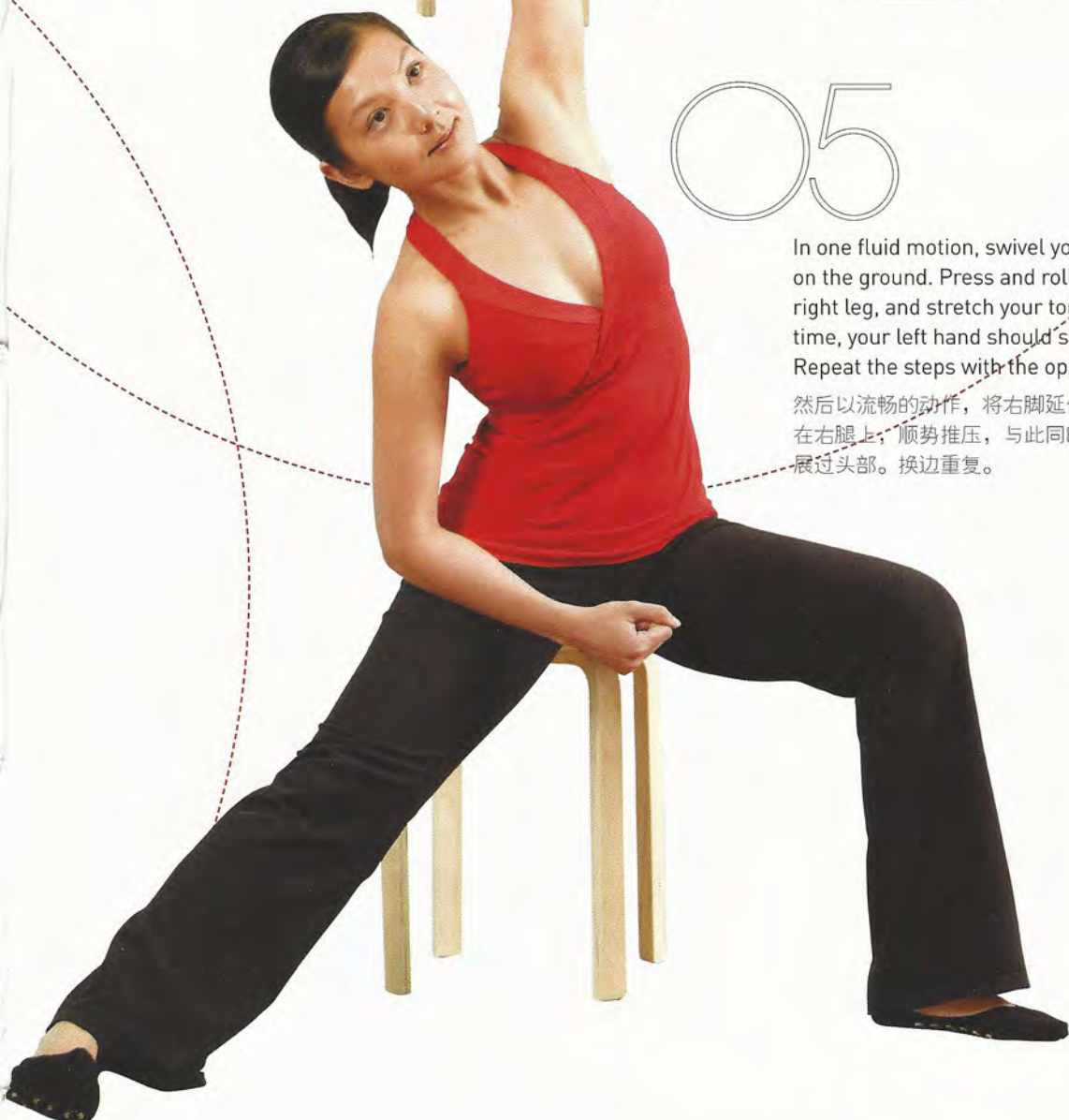
慢慢恢复到第二个姿势。



05

In one fluid motion, swivel your right leg to the side, feet flat on the ground. Press and roll your right forearm along your right leg, and stretch your torso to the right. At the same time, your left hand should stretch over the top of your head. Repeat the steps with the opposite side.

然后以流畅的动作，将右脚延伸到旁边，脚板着地。把右手放在右腿上，顺势推压，与此同时，将身体往右伸展，左手则伸展过头部。换边重复。



The Moving Body offers **GYROKINESIS®** classes at its Robertson Walk branch every Thursday (6:30pm) and Friday (12pm). All classes are an hour long and are priced at \$30 for a single session and \$250 for 10 sessions.

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The Moving Body每星期四(傍晚6时30分)和星期五(中午12时)提供GYROKINESIS®一小时课程。每堂课为30元,10堂课的收费则是250元。

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