

Wellbeing Writing with Beatriz Pascual



Former international dancer, Beatriz, is a Gyrotonic® and Gyrokinesis® Master Trainer. She is also a One Dance UK member featured on our Speakers List, where she offers specialist workshops to the dance sector! She is passionate about movement and the body and is curious about finding ways to improve how we train. Her work explores how we may connect the intelligent and intuitive body together to find freedom and joy.

IF YOU COULD INVITE ANYONE IN THE WORLD TO ONE OF YOUR GYROTONIC® AND GYROKINESIS® CLASSES, WHO WOULD IT BE AND WHY?

Any dancer who is curious about their training and wants to go further with different ways to explore and understand movement. Gyrotonic® and Gyrokinesis® explore so many layers of the body, so there is no end - the more you know the more you want to keep going.

CAN YOU TALK US THROUGH THE DIFFERENCES BETWEEN GYROTONIC® AND GYROKINESIS® METHODS, AND THE BENEFITS OF BOTH FOR DANCERS?

The difference between Gyrotonic® and Gyrokinesis® is the use of equipment for Gyrotonic®. The principles and vocabulary are the same, although Gyrokinesis is often offered in a group format – dancers will usually try to experience both.

In the case of Gyrotonic®, the equipment that is used gives you direction and provides texture and resistance at times, providing the body with additional feedback.

For example, we use the Pulley Tower and other different pieces of equipment to provide direction, tension and support. The Pulley Tower works with handles and cables to provide direction in a circular and spiralling motion, allowing the dancer to work on strengthening without bulking.



WHAT DOES IT MEAN TO BE A 'MASTER TRAINER' OF GYROTONIC® AND GYROKINESIS®?

I was invited to join the Master program by the creator of the system, Juliu Hovarth.

As a Master trainer of both Gyrotonic® and Gyrokinesis®, I train others – most of whom also have a movement or dance background - to become teachers.

I get to meet many interesting people who all share the same passion for movement and desire to help others. The teacher training I provide covers not only the technical aspects but also the physical, using touch to give correct direction and clear intention. It is a wonderful process!

HOW COULD DANCE TEACHERS BENEFIT FROM GYROTONIC® AND GYROKINESIS® TEACHER TRAINING, AND WHAT COULD THEY EXPECT FROM THOSE COURSES?

Dance teachers can benefit enormously from *both* teacher trainings but perhaps especially, Gyrokinesis®.

Teachers can expect to receive tools as a part of this training that will enable them to guide their students towards a better understanding of their bodies, how to strengthen weaker areas, and how to – amongst other things - free up the spine to enhance placement for example...

I think of it as providing extra vitamins for your dance technique, emotional, and intellectual energy. Class is so important, and teachers are responsible to make those spaces creative and inspiring. Adopting Gyrokinesis® processes helps to avoid repetition and supports continued embodied learning.

HOW DO GYROTONIC® AND GYROKINESIS® FEATURE AS A PART OF YOUR BALLET CLASSES?

I use Gyrotonic®/ Gyrokinesis® principles in my ballet classes to understand the technique *within* a dancers' body, rather than that which is imposed them.

I create a logical and intelligent class that awakens the intuition. Teaching is an Art form, after all.



WHAT DO YOU THINK WOULD BE HELPFUL FOR A DANCER WHO HAS NEVER DONE GYROTONIC® OR GYROKINESIS® BEFORE TO KNOW ABOUT YOUR SESSIONS?

Gyrotonic® and Gyrokinesis® is not a remedy or miracle recipe. It is a practise that you need to integrate in your training. Be curious and ready to try new ways! There are always more.

You can learn more about Beatriz's work via the links below:

- <http://www.movementtolife.com/>
- <https://www.onedanceuk.org/programmes/healthier-dancer-talks/healthier-dancer-talks-meet-the-speakers>

