

Dear Rancho La Puerta Guest,

We are writing to let you know that there have been some changes to the **GYROKINESIS®** program during the week of January 3, 2015. The **GYROKINESIS®** teacher for the week will now be Cathleen Murakami, the department head of Pilates and GYROTONIC® at Rancho La Puerta, as Gina Muensterkoetter and Juliu Horvath will no longer be able to attend. Due to unfortunate and unforeseen circumstances, Juliu and Gina's travel schedule and personal family obligations will not allow them to visit with us that week. We hope to re-schedule them for 2016.

GYROKINESIS®

S, M, T, W, Th & F, 11:00am, 75 min.

GYROKINESIS® Meditative Breathing

S, M, T, W, Th & F, 3:00pm, 45 min

GYROKINESIS® exercise is a complete movement system, for all levels and ages, and can be applied to a variety of situations, as one needs very little equipment. It incorporates many key principles from yoga, dance, gymnastics and Tai Chi. The class begins with the practitioner seated on a low stool and begins with simple breathing patterns to awaken the body. He or she mobilizes the spine and joints through a series of arching, curling and spiraling movements. The corresponding breathing patterns in every movement help to stimulate the nervous system and open up energy pathways. Rhythm, movement, & breath are the key elements of this system accessible for all fitness levels.



Cathleen Murakami is the department head of Pilates and **GYROTONIC®** at Rancho La Puerta. Additionally, she owns SynergySystems® Fitness Studio (www.synergypilates.com) in Encinitas, CA, an organization exclusively devoted to the art of Pilates and **GYROTONIC®**. Cathleen was a dance major at the University of Washington and went on to instruct aerobics, funk and strength training classes for nearly two decades, both in the US and Europe. She helped pioneer the Pilates programs at both Rancho La Puerta and The Golden Door spas. She created the original Pilates program for the Santa Barbara Athletic Club and Honolulu Club in mat as well as equipment. Cathleen is featured in numerous instructional videos, authored Pilates Morning Workout, published by Human Kinetics, and is a featured presenter on www.pilatesanytime.com.

Please do not hesitate to contact one of our Experience Planners at 800-443-7565 should you have any questions.

Thank you,

Your Ranch Family