

Synergetics

Manifesting Movement Potential

19. - 23. Oktober 2024

CHF 500.-



This workshop is for beginners and advanced practitioners who want to learn to move with economy of energy and increase their range of motion and functionality. Yoga, Pilates and Girokinesis are its main components, used by Ricky in a gentle yet powerful way to help enhance focus and awareness of the body and its possibility for effortless synergetic movements. The benefits of guided imagery, breath, awareness, focus and the relationship between the physical and energetical bodies are explored based on dedicated exercises.

This workshop opens with a morning practice of movement and meditation. Riding the flow of the breath, learning to gently stretch each of the different planes of motion to release tension and to prepare for the day. In the mid-morning session, we will use the spiraling, undulating movements of Gyrokinesis to articulate the movements of the spine learning the ideal biomechanics for optimal movement of the arms and legs. Each day will conclude with a challenging class that combines yoga vinyasa and Pilates – modified to each individual's level – that integrates each of the elements learned in the morning sessions.

„After this 5 days workshop my body felt revitalized and I was unable to slouch or hold myself in a hurtful way anymore.“

Hélène Bucher



Location

Kientalerhof
Griesalpstrasse 44
3723 Kiental
+41 33 676 26 76
www.kientalerhof.ch

Your stay

Between CHF 103 - 238.-
per night incl full board,
delicious vegetarian food.
Please book your stay at
Kientalerhof directly.

Registration

helene.josef@gmail.com

Schedule

Saturday 19 Oct.	9:45 – 10:45am: Awareness practice 11:00 – 13:15am: Improving Movement 16:00 – 17:30pm: Integration practice
Sunday - Tuesday 20-22 Oct.	6:30 – 7:30am: Awareness practice 10:00 – 12:30am: Improving Movement 15:30 – 17:00pm: Integration practice
Wednesday 23 Oct.	6:30 – 7:30am: Awareness practice 09:00 – 11:15am: Improving Movement 11:30 – 13:00pm: Integration practice

Total: 24.5 hours of training

Richard Orbach

Ricky has been studying the art and science of human movement for more than 40 years. He was born in New York and attended the New York University School of the Arts. As a professional dancer, Ricky toured the world with numerous dance companies including “The Alvin Ailey American Dance Theatre”, “The Joffrey Ballet”, “The Maki Asami Ballet of Tokyo” and the “Bat Sheva Dance Company of Israel”. His work in musical theatre includes the film “Jesus Christ Superstar”, the musicals “A Chorus Line”, “Fiddler on the Roof” and “West Side Story” on Broadway.

He began practising Pilates more than 45 years ago and taught Teachers’ Certification for Body Arts and Science International for eight years. Richard is certified in Cardiac Rehabilitation and has worked in coordination with Hadassah Hospital treating post-operative patients as well as doing preventive medicine. He trains teachers and gives workshops around the world, including at the Pilates studio he owned and operated in Jerusalem for 24 years. Richard has also received teacher’s certifications in Yoga and Gyrokinesis, part of his ongoing commitment to increasing his knowledge of how the human body works.

