



FOR IMMEDIATE RELEASE

**Authorized Master Trainer BILLY MACAGNONE,  
owner of NYC's Body Evolutions Studio,  
will conduct first ever MV  
3-Day GYROKINESIS® WORKSHOP  
September 20 -22, 2013 from 10 am- 1 pm  
at The Chilmark Community Center  
\*Free 20-minute Community Class daily at 9:15 am (for any level,  
seated and standing only)**

**Cost: \$50 per day or \$135 for 3 days, mat required**

Billy founded Body Evolutions, NYC, in 2001, and has studied extensively with Juliu Horvath, the creator of GYROTONIC® movement. He teaches nationally and internationally and has dedicated his professional life to movement and GYROTONIC® education. Billy has been featured as a presenting Master Trainer at the International Gyrotonic Expo in Rome 2006 and then again in 2008. Billy also has over 27 years of intensive training in the Martial Arts and currently holds the rank of Jun Shihan (6th degree black belt) from the World Seido Karate Organization. He is a certified Sivananda Yoga instructor and AFFA certified personal trainer.

GYROKINESIS®, founded over 40 years ago by Juliu Horvath, is a seated and mat-based movement class where postures are not held for long periods of time but are smoothly and harmoniously connected through the use of breath enhancing aerobic and cardiovascular allowing users to stretch and strengthen muscles, while simultaneously stimulating and strengthening connective tissues in and around the joints of the body.

Class begins on a stool with a gentle warm up sequence to awaken the senses, and stimulate the nervous system, followed by a series of fluid spinal motions to increase range of motion, and prepare the body to explore more complex movements with agility, and ease. Class continues on the floor with exercises that expand on the spinal motions, gradually adding more complex sequences, incorporating more movements of the hips, shoulders, hands and feet. The floor exercises are followed by a rhythmic standing sequence that incorporates balance, and cardiovascular exercises; then ends with a calming, unwinding sequence designed to prepare the body and mind to reintegrate with the every day world.

For further information see <https://www.gyrotonic.com/gyrokinesis.aspx>.

**\*Community Class** will be free and there is no limit for the number of participants. The class is geared for anyone and will be taught by Billy Macagnone on Friday; Daryl Owens of Vineyard Pilates (certified Level I GYROTONIC® and Level I GYROKINESIS® Instructor) on Saturday; and Valerie Sonnenthal (certified Level I GYROTONIC® instructor and Level I GYROKINESIS® Apprentice) on Sunday.

**WORKSHOP Space is limited to 30, for more information and to sign up call 212-375-0430.**  
Presented by Peaked Hill Studio, Chilmark: 508-645-9692



# GYROKINESIS®

## COMMUNITY CLASS

### FREE 20-Minute Community Class

Friday, 9/20: Billy Macagnone, visiting Authorized Master Trainer from NYC

Saturday, 9/21: Daryl Owens of Vineyard Pilates

Sunday, 9/22: Valerie Sonnenthal of Peaked Hill Studio

# Experience Awakening of the Senses, class on chair and standing for any level, folding chair or stool required.

# GYROKINESIS® gently works the entire body, opening energy pathways, stimulating the nervous system and increasing range of motion.

## Classes at Chilmark Community Center, 9:15 am

GYROKINESIS® 9/20-9/22  
508-645-9692

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# GYROKINESIS® Workshop



with **Authorized Master Trainer**  
**Billy Macagnone**

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**September 20 – 22, 2013**  
**10 a.m. – 1 p.m.**

**Chilmark Community Center**  
classes will include breathing,  
scrubbing and material from the  
various formats.

Space is limited to 30, for more information  
and to sign up call 212-375-0430.  
Cost is \$50/per class or \$135 for all three classes  
Mat required.

Gyrokinesis 9/20 -

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Gyrokinesis 9/20-22, 2013

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