

Aviva Geismar is a movement educator, licensed massage therapist, dancer and choreographer. She has been practicing GYROTONIC movement techniques for 20 years and is a certified instructor of GYROKINESIS. Since 1995 she has had a private massage therapy practice and been an instructor in the Swedish Institute's Massage Therapy Program. Aviva has taught movement and dance in many settings including Universities, schools and private exercise studios. She has been very influenced by her bodywork studies with George Russell for whom she currently assistant teaches.

Ongoing classes

#### GYROKINESIS

Fridays 1:30-2:30

BodiBalance

20 East 17<sup>th</sup> Street, 2<sup>nd</sup> floor (bet. 5<sup>th</sup> and Broadway)

\$20/ \$15 students, seniors, low income

info - 917 806 7520 [Drasticaction@earthlink.net](mailto:Drasticaction@earthlink.net)

#### GYROKINESIS Strength and Flow

Saturdays 1:15- 2:15

JCC Manhattan

334 Amsterdam Avenue (at 76<sup>th</sup> Street)

for price and info - [www.JCCmanhattan.org](http://www.JCCmanhattan.org)