



# Spring 2022 Sessions and Rates

202-580- 9542  
 motionstudiosva@gmail.com  
[www.motionstudiosva.com](http://www.motionstudiosva.com)

Sessions	Group Size	Single	5 Pack	10 Pack
Movement Therapy (Mt)	10	\$ 15.00	\$ 60.00	\$ 100.00
Ballet Based Conditioning- Barre (BB)	8	\$ 15.00	\$ 60.00	\$ 100.00
Intro to Gyrotonic (IG)	4	\$ 35.00	\$ 160.00	\$ 300.00
Private Sessions	1	\$ 65.00	\$ 300.00	\$ 550.00

### Movement Therapy (1 hour – Max 10 Participants)

The movement therapy workshop is an original and unique movement method that addresses the entire person by clearing and opening energy pathways, stimulating the nervous system, increasing range of motion, and improving strength and movement efficiency. It's a training method based in principles of yoga, dance, tai chi, and swimming. Unlike yoga and Pilates (and most workouts), there's an emphasis on rotation and spiraling movement while syncing your breathing with the movement.

### Ballet-Based Conditioning - Barre (1 hour – Max 8 Participants)

No ballet experience required. Ballet Based Conditioning (Barre) focuses on small, isometric movements that are based in ballet. Morgann pulls from her experience of being a professional ballerina and cross training experiences with Yoga, Pilates and GYROTONIC®.

The Barre session is a toning, body-weight-lifting workout. It engages muscles you would not normally target—ones deep inside your body that squats, lunges and sit-ups don't reach. With high-reps and low-impact movements, barre challenges anyone looking to fine-tune their muscles. You're going to be working a lot of different muscle groups so you can expect barre class to address multiple areas of your body, including your arms, legs and core.

### Introduction to the GYROTONIC® Method (1 hour – Max 4 Participants)

GYROTONIC® is a complete system of exercising. It articulates your joints, improves the flow of energy through the body, stimulates acupuncture points, builds stamina and strength and improves health. GYROTONIC® classes are designed to take the body beyond its current limitations. People come out of this class with increased freedom of movement, greater strength and more agility. GYROTONIC® exercises are adapted to fit anyone's ability, from those recovering from injury or living with a disability to elite athletes. In this introduction class you will learn the fundamentals of the technique and how to manipulate the machine properly. Advanced registration is required and it is recommended to take 2 times a week for better results.

Time	Mon	Tue	Wed	Thu	Fri
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM	MT		IG	**	BB
12:00 PM					
12:30 PM					
1:00 PM					
1:30 AM					IG
2:00 PM					
2:30 AM					
3:00 PM					
3:30 AM					
4:00 PM					
4:30 AM					
5:00 PM					
5:30 PM			MT		
6:00 PM	IG				
6:30 PM					
** Session at Inside-Out Yoga facility					