

# SPECIAL WORKSHOP

Sonoma Ballet Conservatory is pleased to announce a  
Gyrokinesis and Ballet Workshop with  
Morgann Frederick of The Washington Ballet

Days: Monday-Wednesday, August 9-11, 2010

Times: 12:30-3:00 p.m.

Fees: \$35 for one day; \$65 for two days; \$90 for all three days

To Register: Call 707.938.1424 or Email [info@sonomaballet.com](mailto:info@sonomaballet.com)

## MORGANN FREDERICK

MORGANN FREDERICK, of Lake Forest, California, is in her ninth season with The Washington Ballet after dancing one season with Elliot Feld's Ballet Tech in New York City. She began her training with Rebecca Wright, Tania Lichine, and David Allen. She received scholarships to several prominent summer programs include the School of American Ballet, Pacific Northwest Ballet, American Ballet Theatre and National Ballet of Canada. She graduated from the University of North Carolina School of the Arts high school program before joining her first ballet company. In addition to dancing with The Washington Ballet, she has been a guest artist with the University of North Carolina School of the Arts, Carolina Ballet, City Dance Ensemble, and ARKA Ballet. Some of her principal roles have included Myrta in *Giselle*, Snow Queen in Septime Webre's *The Nutcracker*, Effe in *La Sylphide* and Choleric in *The Four Temperaments*. She has also had many featured roles in Septime Webre's *Carmina Burana*, *Oui/Non* and *Peter Pan*, William Forsythe's *In the Middle Somewhat Elevated* and Paul Taylor's *Paizzolla*. Recently, Ms. Frederick has become a certified Gyrotonic instructor.

## GYROKINESIS® Exercise

Gyrokinesis exercise is the 65-year-old Hungarian-born Juliu Horvath's first love, which he created more than 25 years ago after injuring himself as a professional ballet dancer. It is a total-body conditioning and balancing system of movement that encourages the spine and joints to stay open and strong. The work stimulates the anatomy's major organ systems and incorporates special breathing techniques, particular to each group of exercises within the methodology. Fluidity of motion while performing the moves is also a key premise.

The system's unique movement signature is "three-dimensional, using gentle repetitive circling, spiraling and undulating exercises in a set rhythm," says master trainer Magali Messac of Gyrotonic Seattle, a former principal ballerina for American Ballet Theatre. "Most importantly, an energetic polarity is encouraged by simultaneously reaching in opposite directions, creating both internal balance and support. Through the constant ebb-and-flow and push-and-pull movements, connective tissues are prompted to maintain their suppleness."

In the past, Gyrokinesis has been described as embracing the basic principles of yoga, swimming, dance, tai chi and gymnastics, but Horvath says his system has evolved owing to many years of experimentation and intense study. As he puts it, "People will experience the same benefits from Gyrokinesis and Gyrotonic as they do from these other modalities, but my work is not derived from these other systems."