



LSL Life – CiCi

Training the Dancer:

CiCi attends her weekly gyrotonics session

Mom: CiCi does gyrotonics once a week for about an hour and it's an important part of her dance training.

Ms. Christy: *In, up and rest.*

Good. Alright.

How does your back feel?

CiCi: *It's good.*

Mhmm.

Ms. Christy: *Alright, should we go do some hamstrings?*

CiCi: *Yup.*

Mom: It gives her an opportunity to continue working on strengthening muscles that maybe she's not using or maybe she's overusing.

Also helping with flexibility. And it's also a time for her to sort of relax.

CiCi: I feel very strong taking gyrotonics. You're taking your time. You're pacing yourself.

Really learning and focusing on what muscles to use.

Ms. Christy: *Concentrate here. Demi plie. And up, land. Up, land.*

Mom: Ms. Christy used to be one of her ballet teachers and so they work really well together.

Mom: Hearing loss has not hindered her ability to do gyrotonics.