

“Exploring Turnout with the **GYROTONIC®** Method”

This master class will look at turnout in classical ballet through the lens of the **GYROTONIC®** Method. Turnout, or external rotation of the hips, is vital to both function and aesthetics in ballet, and it is also often a contributing factor to injuries in dancers. Often, turnout is forced, with consequences throughout the entire kinetic chain. It's also common to see dancers who have abundant turnout, but don't activate it. The principles of the **GYROTONIC®** Method are a wonderful way to address these issues and help dancers improve their use of turnout as well as to prevent injuries.

Topics covered include:

- Anatomy and Arthrokinematics of Turnout
- Creating space in the hip joints
- Discovering the deep external rotator muscles
- Manual and verbal cueing of turnout
- Learning to see the relationship between turnout and alignment

The class will include a short lecture, a **GYROKINESIS®** warm-up, and a detailed exploration of exercises on the **GYROTONIC®** Pulley Tower as well as how they apply to common movements in ballet.