



Barbara Dick

IRG Center for Structural Medicine - Ballard

"I enjoy helping clients appreciate their own movement potential. Say goodbye to unhelpful patterns and have fun while learning!"

Barbara is an observer of movement. Whether it's during a GYROTONIC® session with a client or out in the world at large, she's looking at the energetic pathways, the freedom and flow of the movement.

Since 1996 she has been teaching and watching movement and fitness students in the water and on land. Her students have ranged from teens to folks in their 90s, from free and happy movers to those in pain or disabled by disease or accidents. She enjoys helping clients appreciate their own movement potential, say good bye to unhelpful patterns and have fun while learning.

While her work with clients focuses on teaching GYROTONIC® exercise, she relies on past teaching experiences: water exercise, Pilates, stretch and strengthening classes plus 1001 ways to move with a ball. She has a commitment to continuing education and self study and has completed course work in GYROTONIC® golf and therapeutic applications and in GYROTONIC® specialized equipment and regularly studies with GYROTONIC® master trainers. Above all, her clients have repeatedly proven themselves to be the most profound teachers.

SPECIALIZED TRAINING

- Completed course work in GYROTONIC® golf and therapeutic applications
- Completed course work in GYROTONIC® specialized equipment
- Regularly studies with GYROTONIC® master trainers.