

# LEXUS

二零零八年第一期  
Q1 2008

## 空降巴西

来自伊帕内玛  
海滩的旋风腿

AIRBORNE  
IN BRAZIL

THE WHIRL  
FROM IPANEMA



高尔夫球场的绿色环保风潮

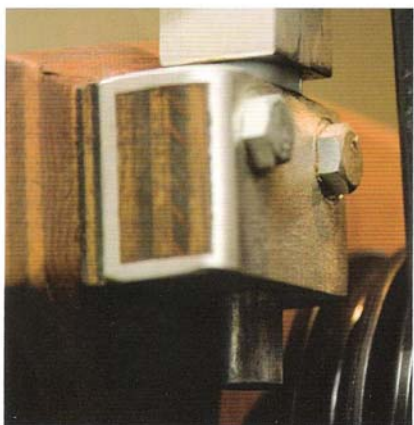
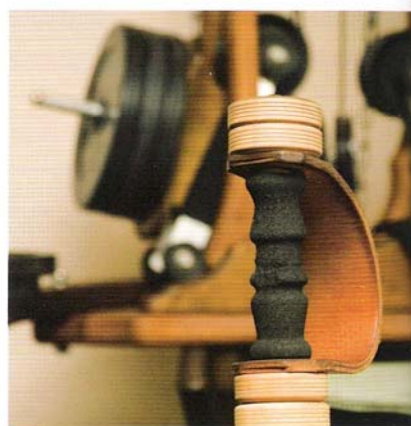
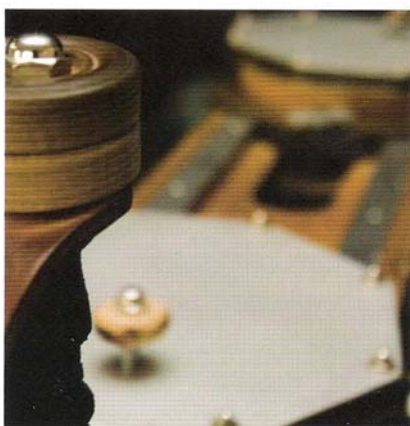
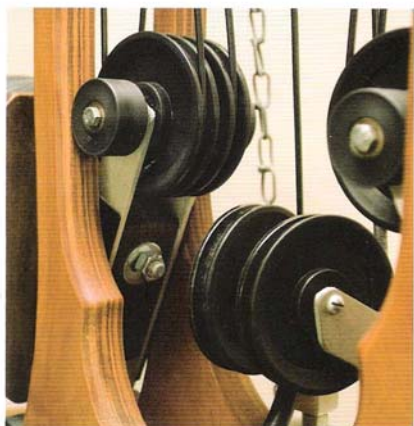
A GREENER GREEN

环球奢华酒店环保不留痕

GLOBAL VILLAS

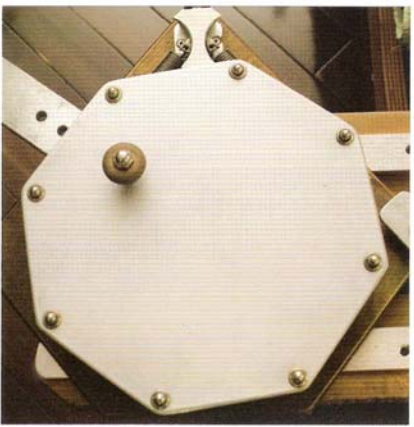
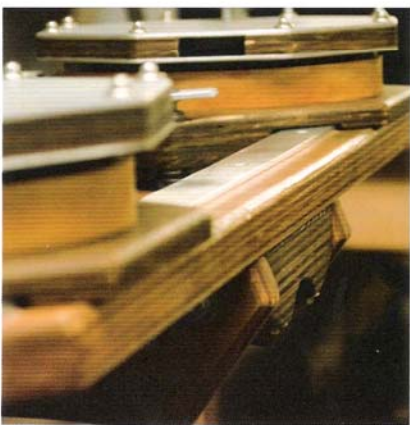
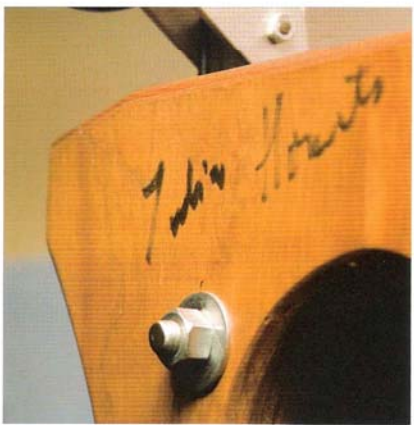
雷克萨斯油电混合动力车法国之旅

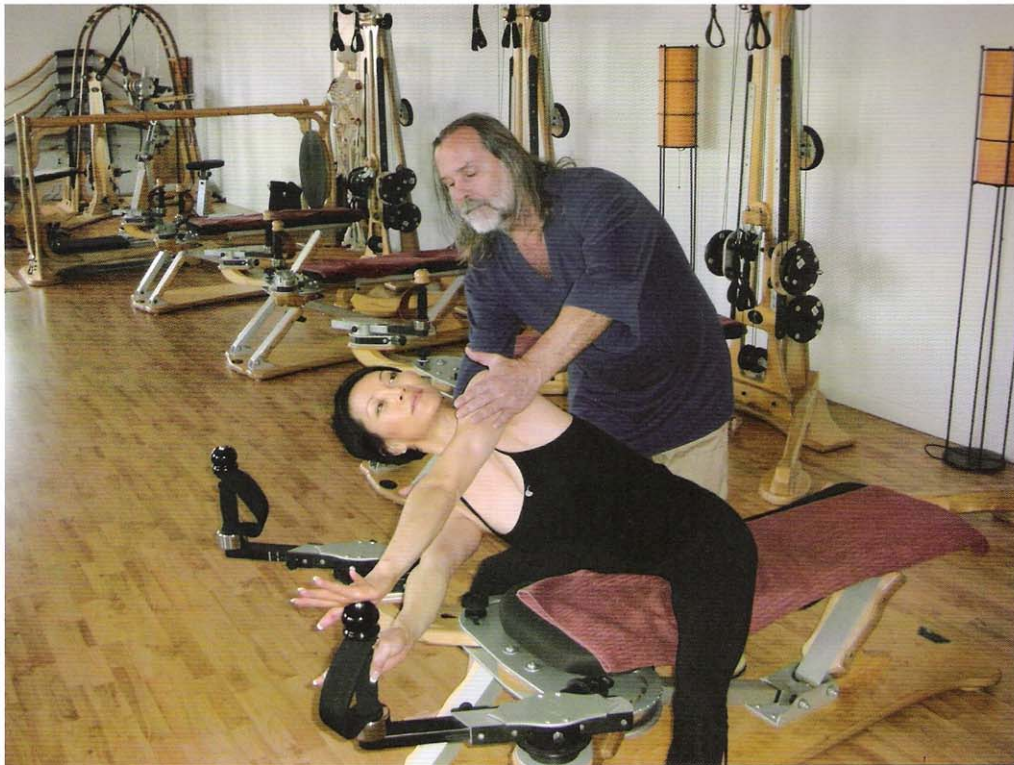
LEXUS HYBRID DRIVE IN FRANCE



无论是徒手进行的螺旋律动，还是在器械上完成的螺旋塑体，动作上都颇具舞蹈的美感

BOTH GYROKINESIS AND GYROTONIC FEATURE AESTHETICS LIKE A DANCER'S MOVEMENTS





# 时尚新运动， 螺旋塑体 GYROTONIC®

## GYROTONIC THE NEW WELLBEING

对于一些每天伏案工作超过8小时，每周去按摩院“求救”两次以上，仅选择柔和健身运动的人来说，风行美国并新传入中国的螺旋塑体Gyrotonic和螺旋律动Gyrokinesis或许是一剂良方，有国外练习者说，“每次练习后的感觉，就好像彻底按摩到身体的每个痛点”。

瑞贝卡·李(Rebecca Li)是第一个将螺旋塑体和螺旋律动带入中国的人，她曾经是美国国家体操队的教练，也做过华尔街投资银行家和皇家珠宝商Buccellati

在中国的独家代表。20年前，她在中国学习体操，丰富的运动、舞蹈经验，以及与世界最有名的培训大师、营养学专家、时尚界人士一起工作的经历，令她意识到“拥有身、心、灵的和諧与健康才是真正的财富”。

近百年来新发明的肢体运动，似乎都跟瑜伽脱不了关系，螺旋塑体和螺旋律动也不例外，结合了芭蕾、瑜伽、体操、游泳、太极等多种运动的特点。创始人朱利奥·霍瓦斯(Juliu Horvath)大师在20世纪70

年代发明了这项运动，他19岁开始学习古典芭蕾，是罗马尼亚歌剧团的舞者，后来又成为纽约休斯顿芭蕾舞团的主角，但一次意外使得腿部跟腱断裂，不得不放弃了舞蹈生涯。

1977年，朱利奥移居维京群岛的圣托马斯，沉迷于练习瑜伽，并结合自己受伤的经验以及人体内在功能体系，创造出一套可增加关节空间，提高韧带强度，帮助伸展肌肉、改善线条的“舞蹈瑜伽”，也就是螺旋律动。

FOR THOSE WHO WORK AT THE DESK for more than eight hours a day or go to massages more than twice a week to “ask for help”, Gyrotonic and Gyrokinesis, (popularised in the United States and soon to be introduced into China) may be the gift that they have waiting for. A regular practitioner described the experience as “Like I’ve had a great body massage that eases all my pains after each practice.”

Rebecca Li is the pioneering visionary that is introducing Gyrotonic and Gyrokinesis into China. She has enjoyed successes as a Coach for the United States Olympic Gymnastics Team, as a Wall Street Investment Banker and as the exclusive Representative in China for the world-renowned jeweler, Buccellati. With more than twenty years of experience in the sports and dance industries and having worked with many of the

world’s top trainers, nutritionists, fashion designers and lifestyle coaches, Rebecca has gained a broad knowledge of and important insights into the enhancement of health and functionality in the human body.

Almost all the movements invented in the past century are related to Yoga, including Gyrotonic and Gyrokinesis, which combines characteristics of ballet, Yoga, gymnastics, swimming, Tai Chi



80年代初期，朱利奥回到纽约，“那时候我还没完善命名这项运动，”朱利奥在采访中告诉瑞贝卡，“我练习的时候，人们经常会好奇地问‘你在干嘛？’”于是，他开始在中央公园等地传授给有兴趣学习的人。因为效果显著，并能帮助受伤的芭蕾舞舞者恢复，螺旋律动迅速在美国芭蕾舞舞者之间流行。

朱利奥一直梦想拥有一种能帮助舞者达到更完美回旋动作，并达到复健效果的工具，他随后发明了一套器械。练习者可借器械帮助，达到平常无法做到的动作。通过球形意识和环绕动作，完成各种有控制的阻力练习，这种依靠器械的运动被称为“螺旋塑体”。

as well as others. Juliu Horvath was the founder of the Gyrotonic movement in the 1970s. At the age of 19 he began studying classical ballet and became a dancer with Romanian State Opera; subsequently making his mark as the principal dancer with the Houston Ballet in New York. Tragedy struck when he ruptured his Achilles tendon while dancing which brought his career to a sudden halt.

In 1977 Juliu moved to St. Thomas in the Virgin Islands and started immersing himself in serious Yoga practice. By combining his own experi-

无论是徒手进行的螺旋律动，还是在器械上完成的螺旋塑体，动作上都颇具舞者的美感。每一个连续动作以圆形为主，不停留在固定的一点，以大幅度的对立拉扯让肌肉伸展、关节空间加大为锻炼目的，像是舞蹈化的动态瑜伽。正如Gyrotonic的字面意思——Gyro是希腊语中螺旋、圆圈，tonic是增添活力，通过螺旋圆圈运动获得新生。

虽然这项运动已经发明了30多年，但并没有向其它运动一样迅速在全球扩张。“我希望尽可能地控制并保证授课质量，”朱利奥说，“目前全球只有90个大师级讲师。”据了解，每个讲师都必须拿到他核发的资质才能授课。

ences from his injury together with discovering the inner workings of the body, he developed a system which he then coined as “Dance Yoga”, (now called Gyrokinesis) which can improve joint flexibility, increase ligament strength, help stretch muscles and improve overall body function.

In the early 1980’s, Juliu returned to New York, “I hadn’t found a perfect name for the movement then,” he told Rebecca Li in an exclusive interview, “when I practice, people are often curious to ask, what are you doing?” As a result, he began to teach people who were

螺旋律动与螺旋塑体不仅仅是项体能运动，更有精神净化的深层作用。《雷克萨斯Lexus》特邀瑞贝卡·李与朱利奥·霍瓦斯进行了一场关于“通过运动发现真我”的对话，不难看出这项运动能够让练习者达到身心健康的双重效用。

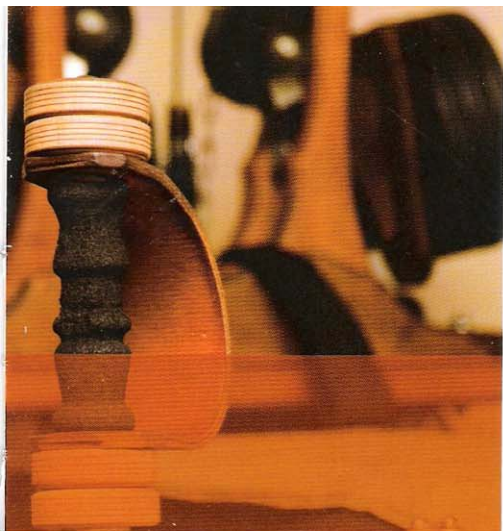
瑞贝卡：在中国，我的学员在训练完5课之后，他们的行为举止有所变化，孩子对妈妈说，你看起来高了。

朱利奥：是的，参与螺旋律动的身体部分都可以产生显著的排毒效果。无论我走到哪，只要通过人们走路的方式、举止动作，就能知道他是否练习过螺旋塑体或螺旋律动，他们拥有了与常人不同的举止特点。实

interested in learning at Central Park as well as other public locations.

As a result of its profound effect, especially in helping injured ballet dancers to rehabilitate; Gyrokinesis became popular rapidly in the United States especially amongst ballet dancers.

Juliu had always dreamt about having a set of equipment which could help dancers to perfect their spinning movements and to rehabilitate themselves after injury. This dream became a reality and he later developed the apparatus as well as a system which enables practitioners to



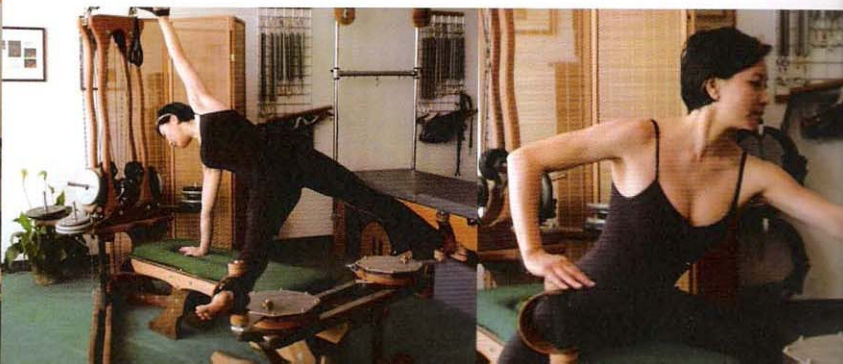
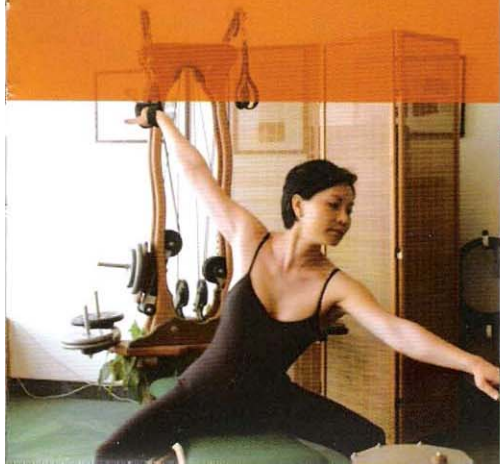
## 实用信息

对于从事舞蹈的艺术家和职业运动员来说，螺旋塑体和螺旋律动可以作为康复健身的运动，帮助正确运用关节肌肉，避免受伤。对于普通人来说，这套运动可以帮助拉长脊椎、肩膀、膝盖等各个关节，并通过训练肌肉的收缩伸展，增强肌肉的力量、弹性和协调性，帮助修身塑形。

## TIPS

For those engaged in the art of dance, Gyrokinesis and Gyrotonic can be used as rehabilitation and body-building activities to help correctly use joint muscles, to avoid injuries as well as rehabilitate both acute and chronic injuries.

For ordinary people, it can help lengthen the spine, shoulder, knee and other joints. Extensive training results in an increase in muscle strength and flexibility, coordination of motion. The body becomes sculpted, posture is improved. Further benefits are an improved immune system and stamina, increased blood circulation as well as reduced levels of stress and weight loss.



实际上，我真希望这项运动能够在中国的学校传授，我相信在中国如果有好的榜样，大众愿意跟随。

**瑞贝卡：**人们厌倦了普通的事物，他们追求简单即美的效果？

**朱利奥：**周而复始，人们开始重新认识最本质的事物。每个人都在别人那里寻找完美，自己呢？从自我出发，这是真正的起点。精神、意识和身体是统一的。根本没有独立存在的身体、意识或精神，只有将他们合一的你。我的意识就是我的身体，我的身体就是我的意识。

**瑞贝卡：**你如何发明出这个运动的？

**朱利奥：**我用中国的历史给你举个例子。老子是如何写出道德经的？从他的经历。我重塑了自我，是

大自然的恩赐。每个人都可以做到，从宇宙中获得恩赐。它就在那里，总有人会认识到它，我从宇宙、气中领悟到了它。灵感只恩赐于那些渴望它的人，所以你不能不等待——不用强求，而是等它从你内心流露出来。

**瑞贝卡：**练习者如何能达到这种境界呢？

**朱利奥：**我给他们描绘一种境地，并帮助他们找到它。我给出方向指导，就像给他们一把钥匙，他们需要不断地练习。10个学生会有10种不同的体验。每个人从身体宇宙爆发出的真实自我都不同，每个人都会成为他们想成为的那样，如果坚持系统地练习，每个人都能发现自己独特的天赋。当气被打开，这将帮助练习者发现真正的自己以及自己真实的价值，帮助人们进入快乐的境界，无论他们在做什么，或者是谁。

finish movements they could have never achieved before. The movements he invented assisted by custom designed equipment were later called "Gyrotonic".

Both Gyrokinesis (conducted without apparatus) and Gyrotonic completed on dedicated apparatus feature aesthetic movements that are similar to a dancer's movements. Each successive round to the main action does not remain at a fixed point and can be likened to a dynamic combination of Yoga and dance. This is analogous to the literal meaning of Gyrotonic - Gyro, which means a spiral/circle in Greek, and tonic, which means adding vitality. Thus, practitioners receive regeneration through circular movement.

Although the movement has existed for more than 30 years, it has not expanded as quickly as other sports in the world. "I hope we can control and guarantee the quality of teaching as far as possible," Juliu said, "At present, there are only 90 masters/lecturers globally." Lecturers are not permitted to conduct classes until they receive approval by Juliu himself.

Gyrokinesis and Gyrotonic are more than physical movements. They play a deep-seated role in spiritual purification. Lexus magazine invited Rebecca Li for an exclusive dialogue with Juliu Horvath on "Finding truth through movement". It is clear that the fruit of these movements is a profound benefit that practitioners receive. A gift for those searching for the attainment of physical and mental health.

**REBECCA: In China, after finishing 5 classes in their training, my students appear to change their behaviour. Some even seem taller.**

**JULIU:** Yes, the body, through the practice of Gyrokinesis can receive significant detoxification. Wherever I go, I can tell whether or not people are practicing Gyrokinesis and Gyrotonic simply through their stance and overall behavior.

Those who practice Gyrokinesis and Gyrotonic have behaviors and characteristics uniquely different from ordinary people. I really hope that the movement can spread in the Chinese schools.



开页：朱利奥在辅导瑞贝卡练习螺旋塑体  
前页：瑞贝卡与朱利奥进行了一场关于“通过运动发现真我”的对话；瑞贝卡在螺旋塑体的器械上演示各种动作  
本页：全世界只有80个螺旋塑体器械，全部是手工制成的

Opening page: Rebecca practicing Gyrotonic under the guidance of Julio; previous page: Rebecca with Julio, face to face; this page: there are only 80 custom hand made Gyrotonic machines made by John Hovarth in the world



**REBECCA: Do you think that people are getting tired of ordinary things, and are beginning to pursue the beauty of being simple?**

**JULIU:** It's a cycle, people begin to understand the most essential things. Everyone is looking for perfection from others but ignore personal perfection. Starting from oneself is the real starting point. Spirit, sense and body are unified. They can not exist independently. My consciousness is my body, and my body is my consciousness.

**REBECCA: How did you develop this movement?**

**JULIU:** I'll give you an example using China's history. How did Laozi write out Dao De Jing? From experience, I reshaped myself. It is the gift of nature. Everyone is capable of receiving this gift from the universe. It is right in front of you. People can realize it at any moment. I comprehend it from the universe and qi (energy). Inspiration is a gift to those who are eager for it, so you have to wait – not importune, but wait for it to pour from your heart.

**REBECCA: How can practitioners achieve this state?**

**JULIU:** I describe a condition to them, and help them find it. I give directional guidance, as a key for them to use. They need to practise a great deal. 10 students will have 10 different experiences. The "true self" that everyone broke out from the physical universe is different, each person will become what he wants to be, and if he insists on systematic practice, he will find his own unique natural gifts. When qi is opened, that will help practitioners discover the true self and the true value of themselves. This will help them enter a realm of happiness, no matter what they do or who they are. □