



Press information kit



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What is Antigym®?

Reclaim your body

Antigym® or Antigymnastique® is a unique bodywork method that has proven its efficacy for over 40 years. This perfect alternative to traditional gym training enables individuals to regain well-being and energy; it improves flexibility, mobility, and breathing, and reduces stress.

Based on body awareness and simple yet powerful movements that involve the musculature on a deep level, the method enables each person to become better acquainted with his/her body and truly inhabit it.

- > Antigym® is practiced in small groups led by a certified practitioner.
- > Movements can also be practiced with the help of books or CDs, at home or at the office, alone or with others.



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Antigym[®] creator and inspiration

Antigym[®] was developed in the 1970s by Thérèse Bertherat, a French pioneer of psychological bodywork methods and author of the book “Le Corps a ses raisons” published in 1976 (one million copies sold) and published in English as “The Body has its Reasons” in 1977.



Thérèse Bertherat – copyright Antigymnastique[®]

The result of Thérèse Bertherat’s experience and work for more than 40 years, Antigym[®] or Antigymnastique[®] is a bodywork method that guides participants toward a better understanding of their body.

A professional physiotherapist, Thérèse Bertherat studied many bodywork techniques and therapies such as bio-energy, Eutony, Rolfing, gestalt therapy, acupuncture, Chinese medicine concepts, and Freudian, Jungian and Reichian psychoanalytical approaches. Antigym[®] movements are based on the biomechanical discoveries made by French physiotherapist Françoise Mézières.



In 2014, several hundred certified Antigym[®] practitioners can be found in the following countries: Argentina, Belgium, Brazil, Canada, Colombia, England, Finland, France, Germany, Italy, New Caledonia, Slovenia, Spain, Sweden, Switzerland, Uruguay, and the USA.

Antigym[®] practitioner training schools are located in Argentina, Brazil, Canada, France, Italy, and Spain.



Basic principles

A powerful tool for learning about one's body, this deeply original method leads to lasting well-being and a better way of living.

Antigym® is practiced in small groups

The practitioner listens to everyone. The atmosphere is warm and friendly. There is no achievement level, no competition among participants. No right, no wrong. It is not necessary to do the movements “successfully”. On the contrary! It is much better to be unable to do a movement, to discover that we cannot do a movement, or that we do not dare to do a movement.

The group setting allows one to put things into perspective, to defuse drama and get rid of guilt.

No imitation

The practitioner does not demonstrate the movements; he/she describes them, guiding the participants with his/her voice. Understanding a movement from within establishes a connection between our body and our brain. There are many body parts that we ignore and muscles we do not control.

Precise and respectful movements

Antigym® movements are subtle and extremely precise; they respect the physiology of the muscles and never exceed their natural range of motion. Movements are therefore extremely respectful of the body. At the same time, they are very powerful and effective. The movements awaken every muscle, from the largest to the smallest, from the better known to the completely unknown, ignored, or



neglected. Antigym[®] offers an opportunity to make... the baby toe work, but also the tongue, the perineum and many other muscles.

Our body is a whole and does not need to be strengthened

All body parts are interdependent. We can release our neck pain by working with our feet. Indeed, the muscles of the back body, from the base of the skull to the tip of the toes, are interlinked and form a long, solid chain. When we move the nape of our neck, we make the toes react and vice-versa. On the other hand, muscles of the front body are not interrelated. Human physiology is such that back muscles are dominant, so dominant in fact that they are almost always working for the muscles of the front body.

Over time back muscles become too contracted. They “pull” on the vertebrae and cause the back to round, the lumbar curve to become deeper, and the legs to become misaligned... Muscles of the front of the body rarely work; they are inhibited by the excessive tension of the back musculature.

Strengthening the back or the front musculature is useless. What is needed is to re-establish a better balance between the back and the front. How can this be achieved? By loosening the knots that inhibit and paralyze our back muscles and end up distorting our body. When shortened muscles are lengthened, when contractures are eliminated, muscles of the front body automatically contract. This is a physiological law; when one side releases, the other one contracts. When the abdomen protrudes, it is never due to slack abdominal muscles, but rather the result of the shortened, contracted lumbar muscles pushing the belly forward. Same thing with thigh muscles; women often complain of flabby thighs. On the contrary, their thighs are too contracted... in the back. When the back thigh muscles release, the front thigh muscles become spontaneously more toned.



Our body can regain flexibility and mobility at any age

Our body has remarkable self-healing ability. When practicing Antigymnastique® movements, the body frees itself, undoing bonds and releasing fear. Behind our stiffness and our contractures, there is almost always an old pain, an accident, a forgotten incident, and most often a psychological event. Our eye muscles, our jaw muscles, our diaphragm, our perineum, our legs, our feet have reacted to all of our life events, even those that we forgot, especially those that we forgot long ago. Antigym® bodywork enables us to slowly rediscover forgotten areas, and awaken the areas that we no longer dare to move or that we haven't touched, sometimes for a long time. A new map of the body emerges, more complete, more harmonious and far much more comfortable.



Practicing Antigym®

How often?

Depending on practitioners' timetables, clients can register for weekly 1.5-hour classes (in this case, clients register for several classes or a semester), ½-day or 1-day monthly classes, or 2 to 4-day workshops.

Results are observed as soon as the first class. However, several weeks, and often several months, of practice are required to make permanent changes. Muscles are alive, of course, but also a little fearful, always ready to contract. We cannot force them to quickly abandon their contraction reflex and their contractures, which are simply defence mechanisms, a system of self-protection.

Comfortable studio

Classes are taught in a comfortable, neutral room, fitted with soft lighting.

Dress code

Participants are asked to remove all items that may impede movement such as socks, wristwatch, jewellery, and tight fitting clothes.

Simple equipment



Small cork balls, foam or millet balls, spelt-filled cushions, and wooden dowels are used to practice Antigym®. No music is played.



Antigym® benefits

Antigym® is not a therapy. Practitioners are not therapists and do not address participants' particular health issues. The method is designed for healthy individuals and cannot substitute for medical advice. However, when practicing Antigym® clients often experience positive changes to their health.

Here are a few benefits conferred by the method:

- Improved muscle tone and mobility.
- Increased flexibility and muscle strength.
- Reduced stress and tension associated with work and daily activities.
- Reduced chronic back, neck and shoulder muscle pain.
- Relief from migraine and insomnia.
- Improvement in breathing, digestion, blood circulation, and sexual energy.
- Improved mobility, coordination, orientation, and proprioception.
- Improved self-esteem.

The method can also be practiced during pregnancy to facilitate birthing. Practitioners offer special classes designed for pregnant women.

Many other benefits can be found in “Ma leçon d’Antigym”, Editions Eyrolles, which describes movements to wake up in a good mood, to get a natural facelift, to release stress after a meeting or to calmly face the boss, to release eye and hand



fatigue after a day spent at the computer, to prepare for or relax after practicing sports, and to cope with travel.



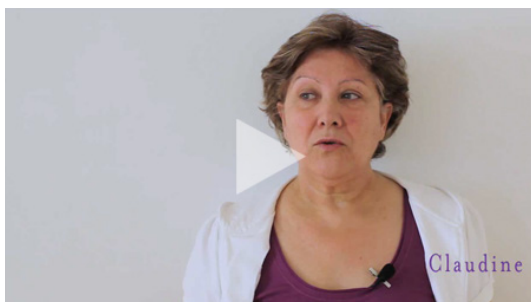
Testimonials

They practice Antigym[®], here is what they say about it

Testimonials can be viewed on our website.



Isabelle “I have grown! I have grown at least half a centimetre since I started to practice Antigymnastique[®]. I finally found the way to get rid of my chronic backache. When my backache comes back, I know how to manage it. I know where to let go and this helps me a great deal! (...) I am not at all a competitive person and I am surrounded by people who are constantly after performance and competition: to be first, the best, the most beautiful, the most intelligent. Antigymnastique[®] allows me to breathe. I also appreciate the loving kindness of the group.”



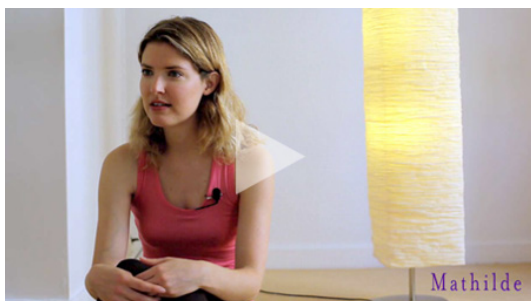
Claudine: “Although we work on specific muscles and specific areas of the body, we feel a sensation of well-being throughout body; even if the work seems very specific, the whole body benefits.



I am amazed because over the 6 or 7 years that I have been practicing Antigymnastique[®], I have never felt that I was repeating the same movements. The approach is always different, but the end result is always the same, that is, a body that is able to move, to feel, to vibrate. I don't feel the need to stop practicing because I have resolved an issue; rather, I feel that I am on the path that I was looking for: the path leading to a body that serves me well.”



Marièle: “I was a dancer and I thought that I knew my body inside out. Then I had a baby and this made me realize that I knew nothing about my body. I really discovered many things when I gave birth. Antigymnastique[®] is the third phase. I keep discovering more things. We feel that we understand, that we know, but in reality, at least for me, I am only beginning to put the finger on many things that I thought I knew, but that I really didn't know.”





Mathilde: “I feel like an explorer in my own body, and this is really thrilling. (...) When I have my little cork ball with me, I make my friends experience the small movement with the ball under the foot. People who are not really flexible are amazed to find out that they are able to bend forward and put their hands on the floor! I am rather amused by their reaction!

What I especially like about Antigymnastique® is when we have worked on one side of the body, the right one for instance, we can feel the difference between the two sides, the one that we worked on and the other side. The right side seems alive, while the other doesn't; there is a real difference.”



Nathalie: “I have seen incredible things happening during classes. I admit that this is a new approach for me. (...) At the beginning, I didn't like the idea of being with a group of people, but this group is very different from the groups that one can find elsewhere. At the beginning, one feels that nothing is happening, but at the end of a class, one may feel completely overwhelmed, sometimes exhausted, sometimes warm or cold. We really notice that things change quickly and this makes us feel alive and wanting to go to class. (...) I remember that after the first year of classes, I was very sad when the summer holidays arrived. I was wondering what I was going to do without Antigym. And then I quickly realized that the work continues in the body and that I was going to be fine. One sleeps better, one feels calmer. And most importantly, we develop a new understanding of our body.



Suddenly one feels ten times stronger, and this, naturally and without effort. (...) It is the only hour and a half that I really have for me during the week. It is my special time and nothing will make me miss a class.”



Frédéric: “I did not want to practice sports to damage my body but to feel good. Antigymnastique® has allowed me to discover a way to take care of myself. And also to discover that muscles can become knotted over time and that we need to learn how to release them to feel better in our head and our body.

Antigymnastique® re-energizes me, and it helps me in all aspects of my life, at home and at work. For me, Antigymnastique® is a way to get off the beaten path, to explore new territories.”



Antigym® Awareness Week

Held for the first time in 2013, Antigym® Awareness Week takes place annually in several countries, including Argentina, Belgium, Brazil, Canada, Colombia, France, Italy, Spain, and Switzerland.

The open door activities held during Antigym® Awareness Week are opportunities to:

- To meet the practitioners in one's city.
- To discover the method and participate in free “discovery” classes.
- To attend all events organized during Antigym® Awareness Week.

Downloadable calendar of events on our website.



Antigym® books

Les livres de Thérèse Bertherat et Marie Bertherat ont été traduits en une quinzaine de langues.
Best-seller, *Le Corps a ses raisons* a été vendu à plus d'un million d'exemplaires à ce jour.



Le Corps a ses raisons
Thérèse Bertherat
en collaboration
avec Carol Bernstein,
Seuil, 1976.

Courrier du corps
Thérèse Bertherat
en collaboration
avec Carol Bernstein,
Seuil, 1981.

Les Saisons du corps
Thérèse Bertherat,
Albin Michel, 1985.

Le Repaire du tigre
Thérèse Bertherat,
Seuil 1989, Lexitis
Editions 2011.

À corps consentant
Marie Bertherat
et Thérèse Bertherat,
en collaboration
avec Paule Brung,
Seuil 1996, Lexitis
Editions 2012.

**Comment bien vivre
avec son corps**
Marie Bertherat,
Albin Michel, 2003.

Ma leçon d'Antigym
Marie Bertherat
et Thérèse Bertherat,
Eyrolles, 2013.

Le Corps a ses raisons, Thérèse Bertherat, in collaboration with Carol Bernstein (1976, Editions du Seuil; 2009, Point Seuil); published in English as **The Body has its Reasons** (1977, Random House Inc.)

Courrier du corps, Thérèse Bertherat, in collaboration with Carol Bernstein (1981, Editions du Seuil)

Les Saisons du corps, Thérèse Bertherat (1985, Albin Michel, out-of-stock)

Le Repaire du tigre, Thérèse Bertherat (1989, Editions du Seuil; reprinted in 2011 by Editions Lexitis)

A corps consentant, Marie Bertherat, Thérèse Bertherat and Paule Brung (Editions du Seuil 1996, reprinted in 2012 by Editions Lexitis)

Comment bien vivre avec son corps, Marie Bertherat (2003, Albin Michel, Jeunesse)

Ma leçon d'Antigym, Marie Bertherat and Thérèse Bertherat (2013, Editions Eyrolles)