

How was Antigym® created?



French physiotherapist Thérèse Bertherat is the author of *Le Corps a ses raisons* (*The Body Has Its Reasons*), the first world best-seller book on the body. In this book, published in 1976, when the body was fast becoming a fashionable trend, Thérèse Bertherat quietly offered a very different approach. Our body, she said, is intelligent. It has its own history, it remembers. It deserves a lot more than mindless, rote training.

"We are told that the body needs to be stronger, that we need to work up a sweat". Therefore to be in shape, we bike, we hang upside down, we jog, we lift weights. What we should first be doing is to open our eyes and look at our body to understand how it functions."



Today, more than 50 years after its creation, Antigym® is known and practiced worldwide. It remains a deeply original and unique method. Marie Bertherat is the daughter of Thérèse Bertherat and is the Antigym® manager.

Find a licensed Antigym® Practitioner

The co-ordinates of Antigym® practitioners are listed in the *Where to practice* page of our website:

www.antigymnastique.com

Learn more about Antigym®

Books

The Body Has Its Reasons.

Thérèse Bertherat
Healing Arts Press, 1989.

Courrier du corps

Thérèse Bertherat
Point Seuil, 1985.

Le Repaire du tigre

Thérèse Bertherat
Lexitis Editions, 1989

Ma Leçon d'Antigym®

Marie Bertherat
et Thérèse Bertherat,
Eyrolles, 2013.

On pregnancy and birthing:

À Corps consentant

Thérèse Bertherat
& Marie Bertherat,
Lexitis Editions, 2011.

For young readers:

Comment bien vivre avec son corps

Marie Bertherat
Albin Michel, 2003.

Le Tour de mon corps

Marie Bertherat,
Julie de Halleux,
Editions Martin
de Halleux, 2025



www.antigymnastique.com

What is Antigym®?

An invitation to discover and live in your body

Antigym® is a unique method of body work created by physiotherapist Thérèse Bertherat. Comprised of subtle but powerful movements, offered to small groups by a trained practitioner, the method enables participants to better understand and (re)claim ownership of their bodies. Over the course of the sessions, each participant regains mobility, vitality, health and independence.

Travel through your body

Practicing Antigym® is like embarking on a voyage through your body and its history. You discover how throughout your life your body quietly reorganized, adapted and protected itself. You learn to perceive and understand your body in a deeper, more accurate and autonomous way.

Discover new territories

Each Antigym® class is an opportunity to discover, rediscover or awaken new parts of your body. Initially some of the muscles that you are trying to engage seem so foreign that you have no idea how to reach them! Little by little, a new connection develops between this unknown or poorly known muscle and your brain. Your muscular vocabulary increases, becomes richer. You explore new possibilities of movement.

What kind of movements?

Precise and fun!

The movements performed during classes are precise, exact, and extremely respectful of the body and the physiology of each participant. They are also varied, novel, amusing, sometimes surprising, even momentarily confusing.

At your own rhythm

You do the movements at your own rhythm, depending on your ability and without aiming at performance. It is sometimes more interesting to “fail” at a movement and to discover what your body cannot yet do, does not dare to do, or has forgotten.

Regain your natural range of movement

Class by class you learn to rid yourself of the contractions, stiffness, and muscle and joint pain that exhaust you, shrink you, and restrict your freedom. Your movements and your breathing regain their natural volume.



Antigym® classes



Small groups

Antigym® is practiced in small groups in a silent, bright and comfortable room.

Class timetable

Depending on your schedule you can choose between weekly classes (1.5 hour long) and monthly classes (half-day or full day). *Workshops* (several days) are held during weekends and summer holidays.

Recommended attire

Comfortable pants and top, preferably made of natural fibers (cotton, wool, etc.). The feet are bare. It is recommended that you remove jewelry, watches, glasses, contact lenses, and anything that prevents freedom of movement.

Antigym® is neither a therapy nor a sport. Certified Antigym® practitioners never force clients into postures and do not perform medical adjustments on clients.

Antigym® will help you to reveal your real body: harmonious, balanced and autonomous.