

How was Antigymnastique® 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, systematic training.

"We are told that the body needs to be stronger, that we need to sweat and perspire. 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 40 years after its creation, Antigymnastique® is known and practiced worldwide. It remains a deeply original and different method.

Marie Bertherat is the daughter of Thérèse Bertherat and is the Antigymnastique® manager.



Find a licensed Antigymnastique® Practitioner

The co-ordinates of Antigymnastique® practitioners are listed in the *Classes and workshops Directory* page of our website:

www.antigymnastique.com

Learn more about Antigymnastique®

Books

The Body Has Its Reasons.

Thérèse Bertherat
Healing Arts Press, 1989.

Courrier du corps

Thérèse Bertherat
Point Seuil, 2008.

Le Repaire du tigre

Thérèse Bertherat
Lexitis Editions, 2011

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.



www.antigymnastique.com

Do you know your body?

Do you really know your body?

Did you know that your body is intelligent?

Did you know that, regardless of your age, your musculature is malleable?

Did you know that your body has a memory?

Did you know that your body possesses tremendous self-healing potential?

Antigymnastique® is a registered trademark at INPI and OHMI.

What is Antigymnastique®?

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 Antigymnastique® 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 Antigymnastique® 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.

Lengthen your “tiger”

“You have a tiger in your back, a powerful tiger, cunning, beautiful to see” writes Thérèse Bertherat in *Le Répare du tigre*. The tiger is the musculature of the back of your body, arranged in a solid and continuous chain. If your back hurts, it is not, as is often thought, that it is weak. On the contrary, the muscles are too strong: the muscles of your tiger overwork. They are so tight, so contracted that they prevent the muscles of the front of your body from working. The movements taught in class are designed to lengthen and stretch your tiger.

Antigymnastique® classes

Small groups

Antigymnastique® 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.

Pregnancy and birthing



Several practitioners offer classes to accompany women during their pregnancy and to teach them how to prepare their body for giving birth. During the classes, the future mother develops confidence in herself and her body and in its natural strength.

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

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