



## **Statistical Testing of Gyrotonic® Movement and the Harmonetic™ Xynchro-5D**

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## OVERVIEW

Three different statistical studies based on Harmonetic® principles have resulted in three reports showing high statistical significance resulting in participants feeling better — mentally, emotionally and physically. Dr. Lindsey Hansen-Sturm participated in one of those studies in which the eVo-360, the Xynchro-4D, and the Xynchro-5D (created by GW Hardin) were tested over a year-long period with groups of people participating in a program called “Journeys 4-Self Advancement.” The purpose of the program was to see if participants could improve their lives using what was called “cross-dimensional patterning.” The eVo-360, the Xynchro-4-D, and the Xynchro 5D were tools used to create these cross-dimensional patterns. At the finish of one of the programs, Dr. Hansen-Sturm met with GW Hardin to discuss the potential of combining the Xynchro-5D with Gyrotonic® movements as a means of furthering people’s lives even more.

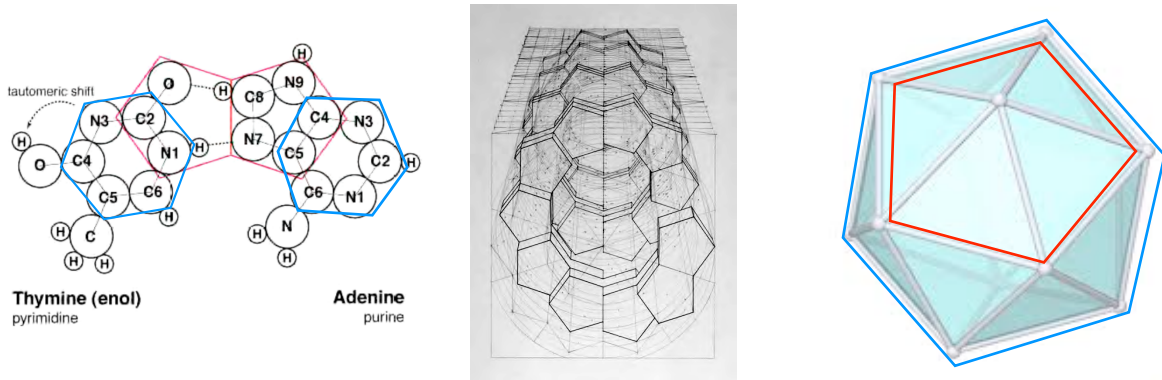
Lindsey Hansen-Sturm, DC, a chiropractor and Gyrotonic® master teacher in Boulder, Colorado, recommends Gyrotonic® classes to her patients to help speed healing. “The principles of Gyrotonic [Expansion System]® and its movements are the healthiest I’ve discovered,” she has said. “People increase their range of motion without pain, and it gives them a sense of ease within their body by releasing tension.” Juliu Horvath was the creator of the Gyrotonic Expansion System® which now has followers across the globe.

GW Hardin then developed a statistical protocol with Dr. Hansen-Sturm to test whether the combining of the Harmonetic® Xynchro-5D (spinning at high speeds) and Gyrotonic® movements could demonstrate even more improvement than previous Harmonetic® studies indicated. Indeed, the statistical results do indicate such a marriage of the Xynchro-5D and Gyrotonic® movement provides extremely significant change for the better.

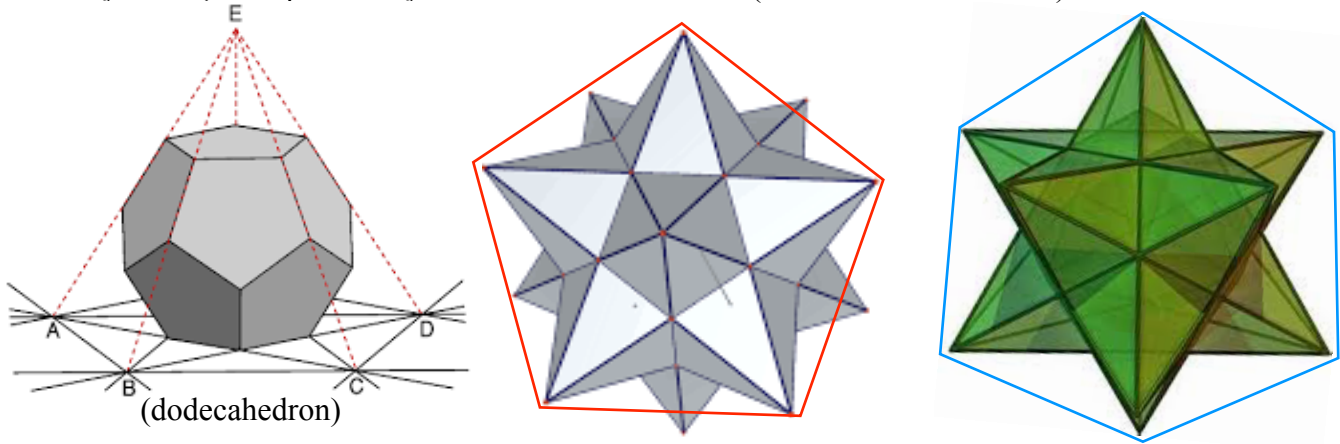
GW Hardin invented the Xynchro-5D based upon geometric patterning of the Xynchro-4D and DNA geometric structure. The 5D consists of a housing unit that spins a short-stellated dodecahedron specifically wired to turn it into a merkaba geometry. Part of the theory behind the device is that the structure creates a torsion field and scalar waves of a nature that harmonizes with the cellular and/or DNA structure in the human body when the specialized merkaba spins at a high rate. This harmonizing may cause the body to return to its optimal state, thus allowing systems within the body to return to or “remember” their patterns of wellness or, if out of balance, realign to a natural harmonious state.

What’s interesting is that the spinning geometry mimics the patterns found in DNA itself. This geometric similarity along with Fibonacci-based tonal sequencing (solfeccio) adds to the theory that the spinning of the Xynchro-5D could re-establish harmony in DNA or other cellular patterns, especially if that resonating component is a scalar. Indeed, the work done by James Oschman, PhD, (*Energetic Medicine: The Scientific Basis*, Churchill Livingstone, 2000), shows such a relationship. In Oschman’s case, he identifies soliton scalars as the communicating/ resonating medium.

The spiraling nature of DNA arranges its inherent hexagonal and pentagonal shaped nucleotides in a way that the angular spiral causes the pentagonal components to form a series of spiraling icosahedrons:



This homologous geometry creates a resonating medium in both the Xynchro-4D and the Xynchro-5D by taking the icosahedron and linking it pattern-wise with merkaba structures of the Xynchros, and specifically with the 5D merkaba: (stellated dodecahedron)



The Xynchro-5D:



In the Colorado Sessions Study and the Gyrotonic® Study, questionnaires were handed out to participants. In the Sessions study, 22 individuals (out of approximately 60 from three different groups) returned evaluation forms after participating in at least seven sessions. In the Gyrotonic® Study, 15 individuals (out of approximately 60 from three different classes) returned their forms. Those that attended more than one class were asked to answer the questions involving experiences beyond the classes or between the classes.

The evaluation form for the Gyrotonic® Study consisted of 10 questions. With the first six questions, participants were asked to rate their changes at the end of the class:

#### Evaluation Form

Using a rating from -2 to +2 please answer the following questions:

-2=much worse , -1=worse, 0=no change, +1=better, +2=much better

1. After or during the class, how would you evaluate the overall change in your physical body?
2. After or during the class, how would you evaluate the overall change in your emotional state?
3. After or during the class, how would you evaluate changes in your psychological/mental well being?
4. After the class, how would you evaluate changes in your sleep patterns?
5. After or during the class, how would you evaluate changes in your energy levels?
6. After or during the class, how would you evaluate your ability to “recover” from soreness you might have had beforehand? (If no soreness beforehand please skip this question.)

The last four questions attempted to determine effect of the Gyrotonic® classes in and outside the studio.

Please answer Yes or No:

7. Did your dream activity change in any way? If so, please describe.
8. Did you have an experience during the session where you felt unusually grateful?
9. Did you feel uncomfortable during any of your sessions? Such as nausea, headaches, pain, or disorientation? If yes, please describe.
10. Would you like to continue sessions with the Xynchro?

Please make any comments you feel weren't covered by the evaluation form that would be helpful to know.

## RESULTS

The null hypothesis was that the classes would produce no significant changes or effects (the first six questions). And the statistical analysis clearly rejected this null hypothesis using a Student-t two-tailed test with a value of  $p < 1/100$ th of 1% (percent of error) on questions dealing with the physical body, emotional body, and energy levels—extremely significant. In fact the null hypothesis was rejected on all the questions, with the remainder of the questions showing a p-value less than 1/10 of 1 %—strongly significant. The only exception was the question on sleep patterns which had a p-value less than 2.5%, still significant.

The next step would be to test the hypothesis of whether the sessions were beneficial—a Student t one-tailed test. It was clear that even with a one-tailed test that the null hypothesis once again was rejected, resulting in the conclusion that 95% of the participants showed a positive benefit. Without question all participants felt a positive effect from the Gyrotonic® Xynchro classes.

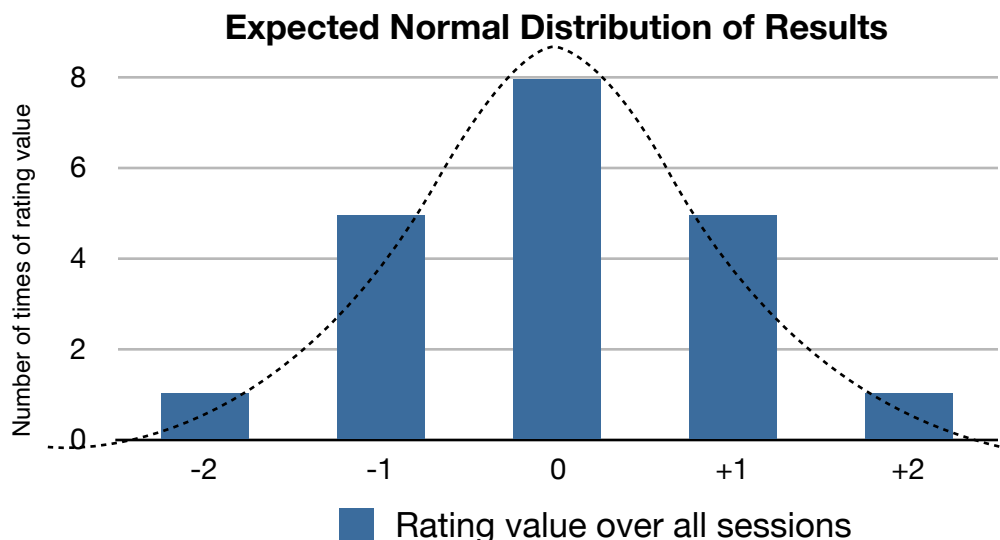
Here are the percentages of those reporting a **positive** result broken down by question:

1. 100% ... overall change in the physical body
2. 85% ... overall change in the emotional body
3. 86% ... change in mental/psychological well-being
4. 75% ... change in sleep patterns
5. 92% ... change in energy levels
6. 88% ... recovery from previous soreness

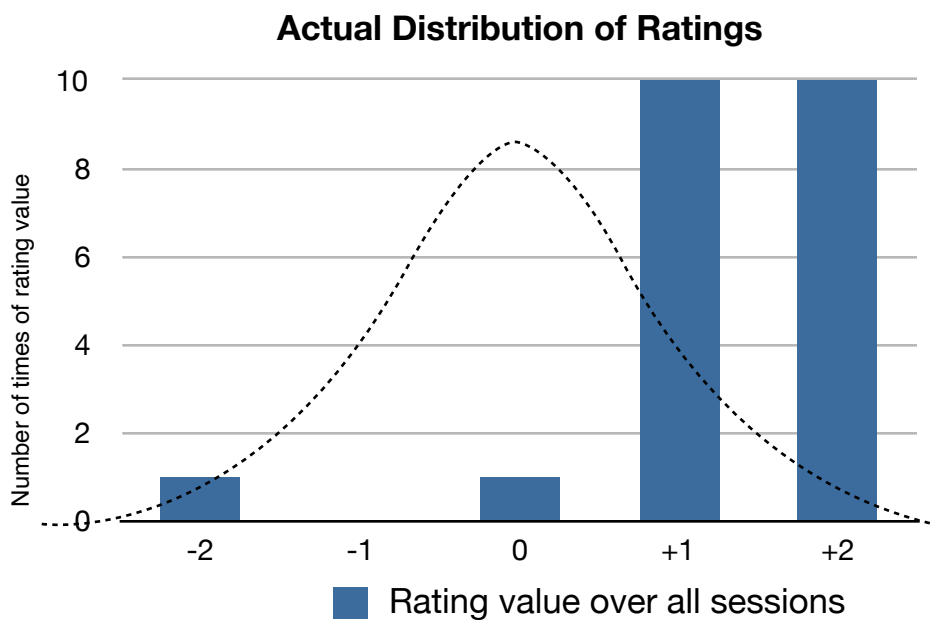
In questions 7-10, the yes/no responses followed the same trend as the results questions:

7. 67% ... Change in dream activity (an important indicator of mental processing)
8. 55% ... Gratefulness experiences (an important indicator of serotonin levels, well-being, happiness)
9. 50% ... nausea, headaches, pain (indicators of detoxing or physical release)
10. 100% ... all wanted to continue having Gyrotonic® classes with the Xynchro-5D.

What becomes most revealing is when one compares the statistical distributions from the Belgium Study where only the eVo (predecessor to the Xynchros) was used. In that study, the entire session was passive where the participant either just sat there or laid down or meditated. The dotted line in the graphic is what a Student-t distribution (like a normal distribution) would look like. Here is how the data would look like if it followed the null hypothesis of no effect:

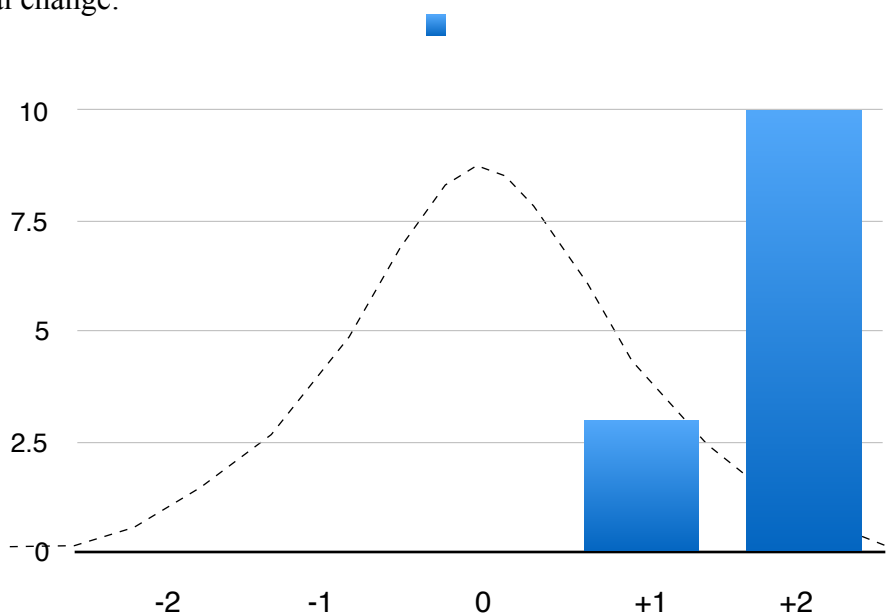


Here is the distribution of data from the Belgium Study:

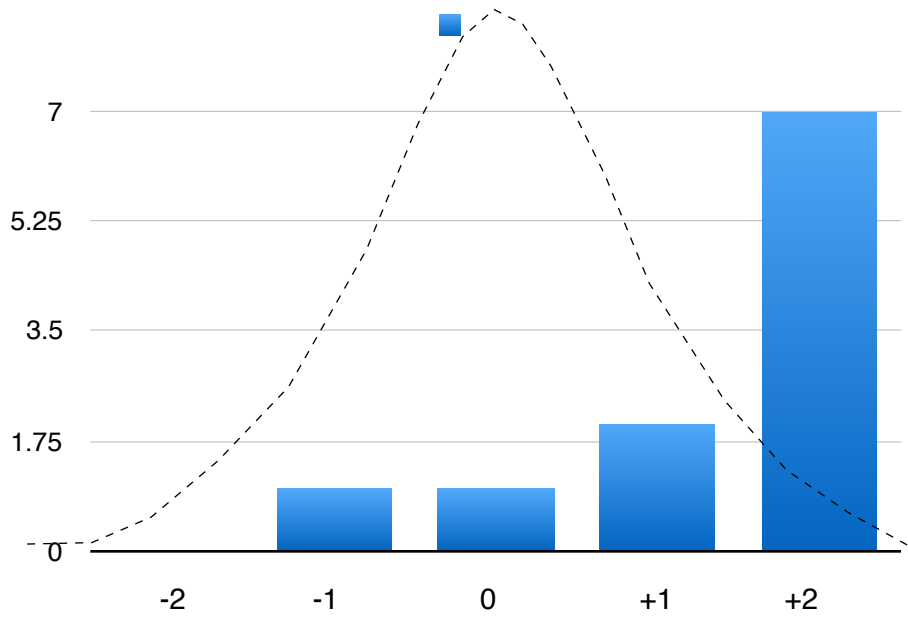


In comparison, here is the distribution of data from the Gyrotonic® Study using the first three questions:

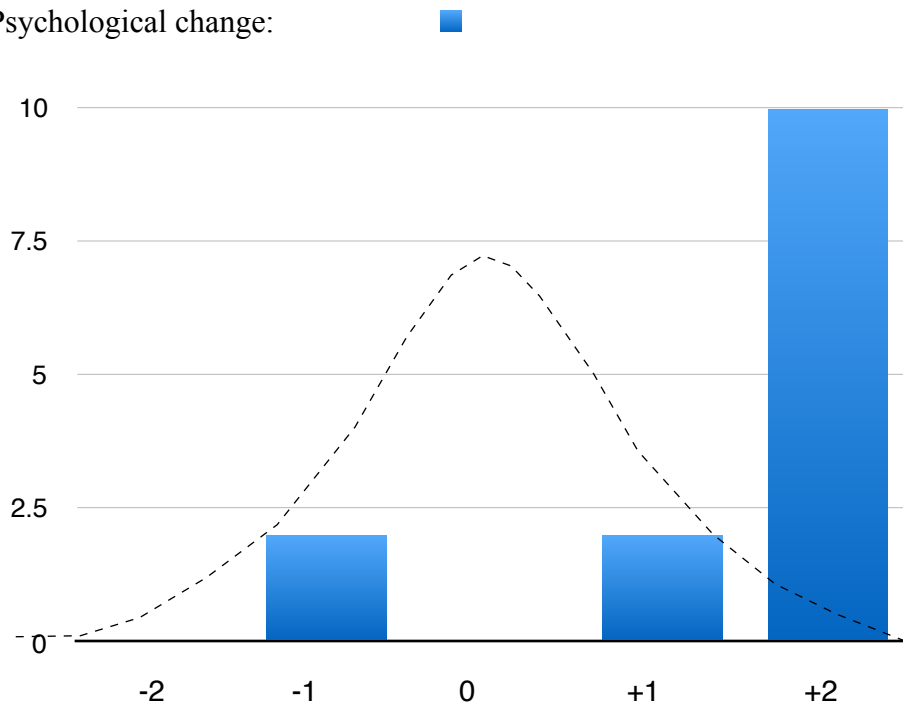
Physical change:



Emotional change:



Mental/Psychological change:

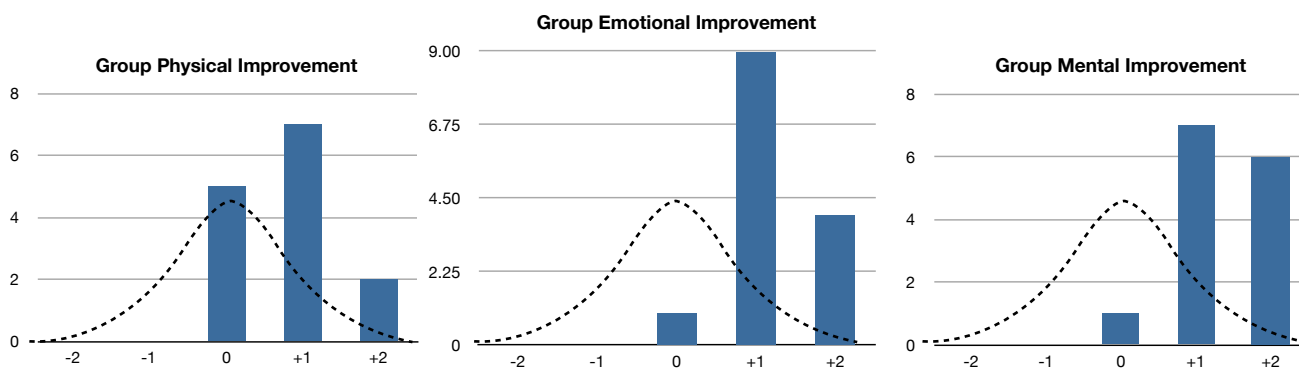


In the Belgium Study, notice how the positive responses break evenly (50/50) between “better” and “much better.” In the Gyrotonic® classes where the Xynchro is used with body movement, the distribution heavily swings in the column of “much better” by a spread of 25/75, when looking at the first three questions in the Gyrotonic® Study. In other words, when comparing the two studies, the Gyrotonic® Study shows “much better” answers to be triple that of the “better” answers, rather than equally divided as shown in the Belgium Study. This strongly implies that Gyrotonics® movement can magnify the effect of the Xynchro in a class/session. Statistically, this is eye-popping. From a marketing point of view it’s demanding to be paid attention to.

When students or teachers of Gyrotonic® classes, who had previous classes **without** the Xynchro, were asked if there was any difference with the Xynchro, the answer was “no comparison.” Almost all preferred the classes with the Xynchro. This is backed up in the statistical inference that class size increased when it was announced that the Xynchro would be used in upcoming classes. When trying to find reasons that could be explained, some felt that having the Xynchro provided them a “spiritual” experience along with their usual physical experience. This really needs to be paid attention to, as will be explained in the “Conclusion” section.

These comparisons also hold up when comparing the Colorado Xynchro Group Sessions Study with the Gyrotonic® Study. Group sessions were never conducted in the Belgium Study, which was the main reason for conducting the Colorado study in the first place. Like the Belgium Study, the Gyrotonic® Study matches in comparison yet stands out in greater positive results:

### Colorado Group Sessions Study



As can be seen above, the Colorado Group Sessions Study closely matches the same distribution as the Belgium Study. However, the Gyrotonic® Study has far more responses in the positive extreme (+2 column). If one were to strictly compare the Gyrotonic® Study average with the other two studies, the average would show significant difference (more positive) with the averages of the Belgium Study and the Colorado Study.



## CONCLUSION

The Gyrotonic® Study tested whether positive effect existed when combining Gyrotonic® movements with the Xynchro-5D, and whether similar results showed up in comparison to two other studies using Harmonetix™ devices. The Gyrotonic® Study was not intended to be a rigorous statistical study because its purpose was simply to see if further analysis might be warranted. Without question, the Gyrotonic® Study mimicked both the Belgium Study and the Colorado Study in statistical results. And there is no question that further research is warranted in looking at programs that combine Gyrotonic® movement with the Xynchro-5D.

It should be noted that the three separate studies done with three different populations came up with very similar results, which adds credence to all the findings in general. What also should be pointed out is that the data distribution in all three studies was also very similar. The sample group in Belgium involved participants from a very conservative culture and a population sample coming from a more professional community. The sample group in the Colorado Study involved mostly older women in pursuit of personal spiritual advancement. The Gyrotonic® Study population came mostly from women in pursuit of personal fitness/wellness. With these three different populations we see very similar results, which indicates the population at large would likely provide similar results.

## GYROTONIC® MOVEMENT VS THE XYNCHRO

So the next question that comes up is whether the Xynchro-5D or Gyrotonic® movement is primarily responsible for these findings. Or is it both, where the whole is greater than the sum of its parts? As noted above, participants in the Gyrotonic® Study who also participated in Gyrotonic® classes without the Xynchro commented that there was “no comparison.” They liked Xynchro-based classes more.

In the comments section of the Gyrotonic® Study, we find several statements that match up with comments made in the Belgium Study and the Colorado Study ... greater dream activity, emotional and spiritual experiences, and disorientation. This would indicate effect from the Xynchro, since parallel comments had not been noted in Gyrotonic® classes without the Xynchro. However, the responses from the first three questions of the Gyrotonic® Study strongly indicate a far more positive response when using Gyrotonic® movement. And since the Belgium Study and the Colorado Study were so similar in results, the data indicate that the whole is greater than the sum of the parts when combining Gyrotonic® with the Xynchro-5D.

## MARKETING

Recently, a Winter Solstice Event, using both the Xynchro and Gyrotonic® movement, led by Dr. Hansen-Sturm, occurred in Boulder, Colorado, where around 80 people attended. This was the largest attendance ever for a Xynchro-based event. The response from those in attendance was overwhelmingly positive. And speaking from personal experience, I have to say that the

Gyrotonic® movement had an amazing effect of connecting my body and my spirit in a way that I have never experienced with yoga or any other program involving mind-body-spirit. I have attended CorePower Yoga classes and have experimented with using the Xynchro and yoga at One Yoga in Denver. In no way have I had the experience I had at the Winter Solstice Event. I found it personally amazing. In my estimation, combining Gyrotonic® with the Xynchro has the potential of seriously offering an alternative to Power Yoga. If investors prove to be interested, then another study can be done with a more rigorous protocol applying blind or double-blind techniques. However, the testimonials speak for themselves. Either way, it is my recommendation that Gyrotonic® movement be considered as an option for program development within Harmonetix™.

### The Xynchro-5D

