

ABOUT US

My name is Iryna Yemengulova. I am a Master in Sports in Rhythmic Gymnastics. I have trained and competed in Ukraine, Bulgaria, and other countries. As well as more than 10 years as Main Ariel Performer at several shows in Sea World Orlando and San Diego, Half time NBA performer and much more.

Rhythmic Gymnastics requires a lot of body flexibility and control. Some people are born with natural flexibility. Other people, like myself, need to work on developing their body flexibility. In order for me to achieve my goals in Rhythmic Gymnastics sports, I had to work on my flexibility diligently.

In the course of my work, I tried to think, "how can I elevate my flexibility at a greater pace, what does my body need to do in order to become more flexible?" I knew I needed a method to achieve my goals. Every day, I tried different exercises. I put together sequences of moves, continually switching the order to see how my muscles would respond fastest, to give me a better stretch. At some point, I found the ideal combination of total body strength and flexibility movements that led to impressive and rapid improvements in my body. It was so exciting to see my body react so positively! My movements became more graceful, and flawless. I became more supple and agile. I began performing complex elements effortlessly. With my new skills, I felt like I could achieve any goal in Rhythmic Gymnastics. This was how my Method was born. Since then, I have been using this Method every day for the last twenty years to keep myself strong, mobile and injury free.

As I began working in the entertainment world, I introduced my Method to performers, professional athletes, and dancers to improve their overall body function as well as assist them in winning competitions and major show productions. The Method was so highly successful in achieving their goals that I became known as the 'go-to trainer' in the entertainment industry to transform bodies quickly and importantly, prevent injury.

Seeing the efficiency of my Method in the professional community, I wanted to extend it to a broader audience who need to improve their flexibility and strength in their day to day life. I introduced the Farfalla Method (program), using this same Method to enable anyone, of all ages and fitness levels, to greatly improve their flexibility and strength together, to see and feel the same remarkable, body-changing results as my professional athletes, dancers, and myself.

The sequence of movements I personally use is the same sequence I'm bringing to you with the Farfalla Method. These simple, highly effective exercises will not only make you strong and more mobile, you will, feel as I did in a short time, more agile, more comfortable and graceful moving in your body. You will gain confidence and have more energy. The aches and pains accepted as part of daily life will disappear. The Farfalla Method can be quickly learned. I've seen my clients have dramatic changes in one to two sessions a week after only one month. It is not magic, though my clients say it is!

Farfalla Go is a new online Flexibility and Strength program. We provide online classes in the range of static and dynamic stretching. It is scientific evidence that the incidence of injury decreases with proper stretching. Not all program provides this discipline. Farfalla Go gives a new approach to stretching. We present series of warm-ups, feet strength/flexibility, and incorporation total body flexibility /strength combinations at three different levels. Our program is used by 1000 of dancers and athletes around the world to supplement their traditional dance and athletic training education. It is an exceptional way to reboot your flexibility and boost your performance