

20~20~20 BAREFOOT MIND~BODY!

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MISSION: "wellness without walls"

I. INTRODUCTIONS

1. Nāmas̥te! ("My inner peace meets, greets, and salutes your inner light")
2. Gratitude
3. findlawrence.com, biscontini@aol.com, L's Background, and the Biscontini Scholarship
4. Appropriate student level for this experience: *some* experience
5. Our Purpose Today: creating a fusion program to....
6. Resources and Gum:
7. Theme:
8. This program is really about:

II. THEORY

1. Trends in Group Fitness
2. Trends in PT
3. Strengths of Shorter Sessions:
 - a. *.greater retention*
 - b. *.rapidly changing stimuli*
 - c. *.less fear of commitment to greater amount of time*
 - d. *.ease of choreography and complexity*
 - e. .
4. Intensity Considerations:
 - a. *simple*
 - b. *lack of complicated equipment*
 - c. *ease of transitioning*
5. Anatomy of Shorter Sessions:
 - a. *systemic, full-body warm-up 3-5 minutes*
 - b. *principle of specificity*
 - c. *planned flow*
 - d. *end is a 'transition'*
6. Programming Possibilities:
 - a. 20/20/20 where each 20 is:
7. Organization: BENEFITS
 - a. Yoga: iso-_____ with _____ Limbs
 - b. Pilates: iso-_____ with _____ Principles of Contrology
 - c. Chi Gong/T'ai Chi: iso-_____ with 8 Movement Brocade
8. BAREFOOT:
 - a. TREND? CYCLE? SPIRAL?
 - b. RESEARCH
 - c. HOMEWORK
9. Music:
 - a. *Chapters*
 - b. *Plan to save time*
 - c. *Themes*
 - d. *Instrumental for Strength; Lyrics for dance*

"Faith makes things POSSIBLE, not EASY."



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If I can be of assistance to you in fitness in any way, please contact me. Nāmas̥te!

III. PRACTICAL

YOGA
Intensity:

PILATES
Intensity:

CHI-GONG/T'AI CHI
Intensity:

Inspiration:

Inspiration:

Inspiration:

Equipment:

Equipment:

Equipment:

Transitions:

Transitions:

Transitions:

STANDING STRETCHES:
FOOT PREPARATION
STANDING STRETCHES

YOGA	PILATES	T'AI CHI
MOUNTAIN	CALF RAISES	WEIGHT TRANSFERS
SEATED PALM	(SEATED) SCAPULAR RETRACTIONS	ROCK STEP SAGITTAL PLANE
LEANING PALM-TREE	MERMAIDS & SIDE-LYING	ROCK STEP FRONTAL PLANE
STAFF	SPINE STRETCH FORWARD	OPEN & CLOSE THE DOOR
LEANING PALM-TREE	MERMAIDS & SIDE-LYING	FOREFOOT STEP F & B
CAMEL	THIGH STRETCHES	REVERSE TAP
PLANK + FLYING PIGEON+ PIGEON	TUCK & EXTEND	BICYCLES
[SPHINX] SPINAL TWIST + STAR	DOULBE LEG KICK	SLOW KNEE TAPS
SPINAL TWIST + PIGEON + FLYING PIGEON + PLANK	STAR	WALKING ROOSTER
HERO	KNEELING SHOULDER WORK WITH RETRACTION + DEPRESSION	GRASPING WILD BIRD TAIL

Homework:
Summary:
Resources:
Final Take-Home Messages:

"Faith makes things POSSIBLE, not EASY."

