A BUDDHA CAMP: ressive mind-body

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International Spa and Wellness Consultant Mission: "wellness without walls™"

I. INTRODUCTIONS

Buddha Camp Practical: M, W, F: LEFT, T, Th, Sa: RIGHT Sunday: Backwards Why Barefoot?

Why "aggressive?"

The Buddha Camp Chant: "Come on, ____, be a champ! It's not hard, it's BUDDHA CAMP!

*Yoga: Hold Yoga Poses 15-30 seconds in silence, emphasizing stability ***Pilates:** appropriate speed of repetition

***Rotation**: adding the horizontal plane movement (rotation)

*T'ai Chi: active stretching for at least one body part worked in the series

Yo-Pi-Gyra-Tail

Flexibility is ACTIVE stretching

S/F: slower/faster option Introduction to the experience involves: Purpose (to aggressively fuse yoga, Pilates, rotating disciplines, and T'ai Chi for active stretching), Theme (to focus on stability and mobility), Breathing should be comfortable and I'll offer some suggestions from each discipline, Speed should be a comfortably-challenging pace for you, so go at a speed that makes you successful. I'll offer you some Buddha Camp tempo challenges. Music is non-traditional mind-body music especially chosen for Buddha Camp. Centering: squat in Chair pose w/arms in "Namaste" position, Progression: look up, eyes closed, on toes. Equipment possibilities:

Movement Pattern	Discipline	Progression/Regression
STANDING TREE	STABILITY~ YOGA	
Pilates leg circles	MOBILITY-PILATES	P: arms overhead
		R: arms on hips
Reaches to opposite foot behind, with	MOBILITY~	
single leg squat:	ROTATION	
Sinking the Chi w/ankle of stabilizing	STABILITY-MOBILITY	
leg over opposite knee, sitting.	COMBO~ T'AI CHI	
Repeat other side		

JUMPING CHAIRS AND STARS BETWEEN SETS WITH VARIATIONS OF FEET FLAT, HEELS RAISED, SINGLE LEG "STORK" POSES

Movement Pattern	Discipline	Progression/Regression
STANDING series: AQUA SALUTATION:	STABILITY~ YOGA	
TALL MOUNTAIN + CHAIR + TREE +		
WARRIOR $#2 +$ WARRIOR $#3 +$		
REVERSE WARRIOR + STAR		
+MOUNTAIN + REPEAT OTHER SIDE		
Pilates standing leg lifts	MOBILITY-PILATES	
Jumping to star position and lateral	MOBILITY~	
flexions w/arms above or inside water	ROTATION	
T'ai Chi Carry the Lantern to Standing	STABILITY-MOBILITY	
Rooster S/F option	COMBO~ T'AI CHI	
Movement Pattern	Discipline	Progression/Regression

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

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YOGA BUDDHA LUNGE-PILATES	Yoga	"I AM LOVE AND LIGHT. ONLY I
BUDDHA OPEN PLIE SQUAT~	Pi	CAN MAKE THINGS RIGHT."
GYRATING BUDDHA LUNGE~ T'AI CHI	Gyra/Rotation	
BUDDHA BALANCE-REACH TO WATER	Таі	"IF IT'S GOING TO BE, IT'S UP TO
LEVEL WITH OPTIONAL ROTATION		ME. I CONTROL MY DESTINY."
Movement Pattern	Discipline	Progression/Regression
A: STANDING Balance Pose	STABILITY~ YOGA	Arm variations including holding
		bottom of foot
B: Knee lifts w/hip extensions adding	MOBILITY-PILATES	
rotation "chops" from transition		
Repeat A + B other side		
Standing Flexions w/arms overhead	MOBILITY~	
	ROTATION	
Sink the Chi Active Hip Stretching	STABILITY-MOBILITY	
	COMBO~ T'AI CHI	
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Movement Pattern	Discipline	Progression/Regression
Jumping Star to Balancing Chair	STABILITY-YOGA	
Standing Plies with heels together	MOBILITY~PILATES	
Moving Circular NIA moves with	MOBILITY~	
rotation to single leg	ROTATION	
T'ai Chi Wu-Shu Lunges and	STABILITY~MOBILITY	
PowerArms crossed in front of chest	COMBO T'AI CHI	
(one hand out of water, one hand in)		
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Movement Pattern	Discipline	Progression/Regression
Namaste Arms to sit in Chair and	STABILITY~YOGA	P: Try to finish on a Single Leg
diagonal lift with arms opening to water		Stance; R: keep toes on the floor
level		· •
Pilates: Rotation towards opposite hip	MOBILITY~PILATES	Maintain neutral spine; add
"chop" and open arms at water level		vestibular challenge if possible of
		cervical rotation
Inside arm add/abduction: rotation	MOBILITY~	R: keep toes on floor and just
	ROTATION	abduct/adduct with inside arm;
"Flying Bird:" bilateral shoulder	STABILITY~MOBILITY	Maintain neutral spine; P: add single
adduction/abduction	COMBO T'AI CHI	leg leg squat on flying bird
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Conclusion: Upper Body: T'ai Chi: Separating Heaven and Earth with Lower Body: Jumping Warriors

Equipment options:

Summary:

Home-Work:

Resources:

Final Take-Home Messages: