

# CHI-LATES

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 Mission: "wellness without walls™"

## I. INTRODUCTIONS

1. Nāmaste! ("My inner peace meets, greets, and salutes your inner light")
2. Gratitude]
3. What this program is really about:
4. Theme: Undulating Mind-Body Fusion
5. Music:
6. Resources/Equipment:
7. Workshop/Masterclass
8. Research: [www.findlawrence.com](http://www.findlawrence.com): FREE STUFF-

## II. THEORY

9. Fusion Justification:

|                        | T'AI CHI<br>8 BROCADE  | PILATES<br>8 PRINCIPLES  |
|------------------------|--|--|
| MAIN NUMBER            |  |  |
| TAKES PLACE            |  |  |
| ORIGIN/AGE             |  |  |
| TRAINING METHOD        |  |  |
| ISOMETRIC/ISOTONIC     |  |  |
| STANDING/FLOOR         |  |  |
| EQUIPMENT              |  |  |
| BREATHING              | PURSED LIP/TONGUE  | FORCED EXHALATION  |
| NUMBERS OF REPETITIONS |  |  |
| PAUSES & PRECISION     |  |  |
| TRADITIONAL START      |  |  |
| TRADITIONAL FINISH     |  |  |
| SPEED                  |  |  |
| PHILOSOPHY             | <i>Ancient Chinese Secret: "He or she who needs the most can do the best with the least." LT</i> | <i>Ancient Pilates (well, not so ancient) Secret: "All new ideas are revolutionary and when the theory responsible for them is proven through practical application...such revolutionary ideas simply cannot be ignored. They cannot be kept in the background" JP</i> |

## 10. FORMAT OF CHI-LATES

- a. UPPER BODY FOCUS
- b. LOWER BODY FOCUS
- c. INTEGRATION FOCUS

"Faith doesn't make things EASY, it makes things POSSIBLE!"



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



"Faith doesn't make things EASY, it makes things POSSIBLE!"

| TA'I CHI/CHI GONG   | PILATES   | INTEGRATION                              |
|---|---|--|
| 1. GATHER THE CHI + REACH A STAR                                    | PLIES   | ✓  |
| 2. PAINT THE WALL & TWIST   | CALF RAISES   | ✓  |
| 3. HUG THE TREE   | STANDING FOOTWORK<br>CLOCK TAPS   | ✓  |
| 4. DIVING FOR THE NEEDLE  | STANDING KNEEBENDS<br>AND FOOTWORK  | ✓  |
| 5. UNILATERAL BOWING<br>ROOSTER + PAINTING THE<br>WALL              | --UNILATERAL CALF<br>RAISE OF SUPPORT LEG<br>--UNILATERAL<br>STANDING LEG CIRCLES<br>OF NONSUPPORTING LEG | ✓  |
| 6. EMBRACING THE MOON +<br>PARTING THE HORSE'S MANE<br>TO EACH SIDE | WALKING HANDS<br>DOWN THE BODY<br>SPINAL ARTICULATION<br>TO SEATED  |  |
| 7. EMBRACING THE MOON +<br>PARTING THE HORSE'S MANE<br>TO EACH SIDE | --MERMAID PUSHUPS<br>--CRISS-CROSS<br>--TEASERS<br>--DOUBLE LEG<br>STRETCHES<br>--MERMAID PUSHUPS         | ✓  |
|   | ROLLING LIKE A BALL<br>TO STANDING  |  |
| 8. HIGH PATTERN HORSE +<br>WILLOW TREE BENDS IN WIND                | WALKING HANDS<br>DOWN THE BODY<br>SPINAL ARTICULATION<br>TO PRONE   |  |
| 9. WILLOW TREE (IN PRONE)   | SWIMMING  | ✓  |
| TURN SUPINE   | TURN SUPINE   | TURN SUPINE                              |
| 10.--HUG THE TREE<br>--REACH A STAR                                 | --UNILATERAL<br>ARTICULATING BRIDGES  | ✓  |
|   | ROLLING LIKE A BALL<br>TO STANDING  |  |
| BOW AND ARROW 2 WAYS  | WALKING HANDS<br>DOWN THE BODY<br>SPINAL ARTICULATION<br>TO PLANK   | PILATES<br>PUSHUPS +<br>BOW AND<br>ARROW |
|   | WALKING THE HANDS<br>UP THE BODY TO<br>STANDING   |  |
| GATHER THE CHI  |   |  |

Summary:  
 Home-Work: Use the Google  
 Resources: [fitwisetraining.com](http://fitwisetraining.com), [homestudies](http://homestudies), *Imperfekt Productionz*  
 Final Take-Home Messages:

