

Yo~Chi® GLOW

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Mission: "wellness without walls™"

I. INTRODUCTIONS

1. Nāmas̄te! ("My inner peace meets, greets, and salutes your inner light")
2. Gratitude
3. L's Background, and the Biscontini Scholarship
4. Our Purpose Today: (stability and mobility)
5. Resources/Equipment: (orientaltradingcompany.com)
6. Workshop/Masterclass
7. Research:
8. Theme:
9. I listen and I _____, I look and I _____, I DO and I _____)

II. THEORY

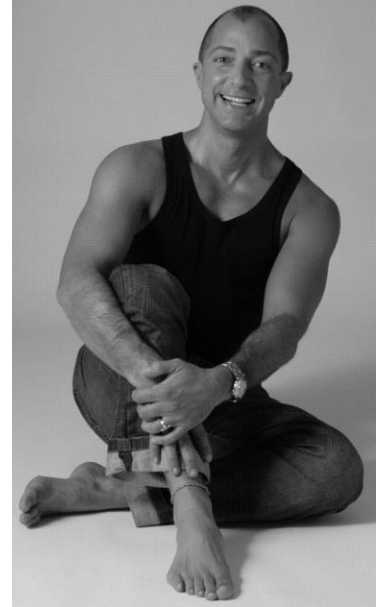
1. trends in fusion classes today
2. Why **GLOW**?
(chakras: green _____ and purple _____)
(T'ai Chi colors: _____)
3. **origin** of the name: Yoga + Tai Chi = Yo-Chi®
4. **Directions:** T'ai Chi begins moving _____ and Yoga _____.
5. **principles** of Yoga and Principles of Tai Chi

Yoga and T'ai Chi:

Stability	Mobility
Nose Breathing	Mouth Breathing
Isometric	Isotonic Work
Individual	the Group
Working-In	Working-Out
Seeing Within	Seeing Without
No Observable Movement	Observable Movement
Lactate	Release
Core Stability	Functional Stability
Simple Complexity	Complex Simplicity

"It's one thing to bring energy to a place; it's another thing to move it!"

- **MUSIC USAGE:**
5 MINUTES OF FUSION
5 MINUTES OF T'AI CHI—EMPHASIZING MOBILITY
5 MINUTES OF YOGA-EMPHASIZING STABILITY
REPEAT



"We shouldn't stop playing because we grow old, for we will grow old if we stop playing!"



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

III. PRACTICAL: We draw together from a section from among:

- **YOGIC BREATHING**
- **Yoga Asana for “Yo-Chi”©**
 - MOUNTAIN
 - CHAIR, POWER POSE
 - “MOON POSE”
 - WARRIORS 1, 2, 3
 - PIGEON & FLYING PIGEON
 - BRIDGE
 - PLANKS, SIDE PLANKS, RVRSE
 - TABLE
 - EAGLE
 - TREE
 - STAR
 - DUCK
 - COBRA
 - UP/DOWN DOG
W/ROTATION
- **T’AI CHI BREATHING**
- **T’ai Chi Forms for “Yo-Chi”©**
 - GATHERING & SINKING THE CHI
 - SUPPORTING HEAVEN LIKE A
PILLAR
 - BOW AND ARROW WITH LEGS
 - OPENING/CLOSING THE DOOR
 - BEAT THE DRUM
 - EMBRACING THE MOON
 - PARTING THE HORSES MANE
 - BASIC LEG STEPS: 1. T, 2. BOW, 3.
EMPTY, 4. OPEN AND
CLOSE DOOR
 - CRANE SPREADS WINGS
 - ROOSTER STANDS ON ONE LEG
 - WAVE HANDS LIKE CLOUDS
 - SNAKE CREEPS THROUGH GRASS
 - CARRY THE LANTERN
 - SLOW PUNCHES
 - CLOSING THE DOOR
- **FINAL FUSION:**
 - FINAL FUSION:**
 - SINK THE CHI
 - OPEN THE DOOR
 - PART THE HORSE’S MANE
 - WARRIOR #2, WARRIOR #1
 - SIDE PLANK with BOW & ARROW
 - SNAKE CREEPS THROUGH GRASS
 - ROOSTER STANDS ON ONE LEG
 - TREE

Summary:

Home-Work:

Resources: fitwisetraining.com

Final Take-Home Messages:

“We shouldn’t stop playing because we grow old. for we will grow old if we stop playing!”

