

Yo~Chi©

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I. INTRODUCTIONS

1. Nāmaste! (“My inner peace meets, greets, and salutes your inner light”)
2. Lawrence’s Background & Golden Door Spa
3. Our Purpose Today:
4. Music and Videos:

II. THEORY

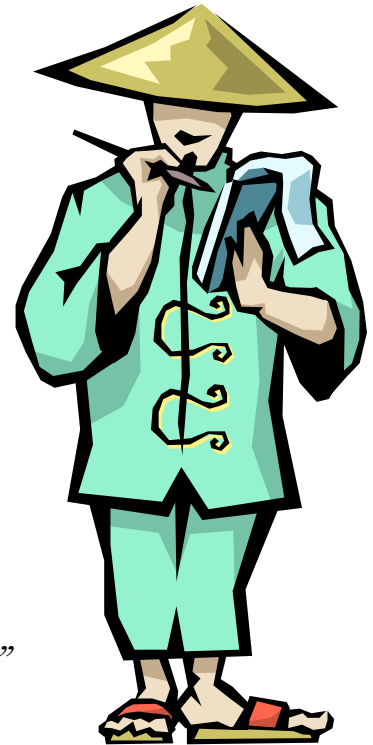
1. trends in fusion classes today
2. **origin** of the name: Yoga + Tai Chi = Yo-Chi®
3. **LEFT:** and **RIGHT:**
4. the Yang Short Form
5. Mind-Body Flow **balancing:**
6. **principles** of Yoga and Principles of Tai Chi

Yoga and T’ai Chi:

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

“It’s one thing to bring energy to a place; it’s another thing to move it!”

1. **Music** (5 minute cycled segments for isometric and isotonic)
2. **Tai-Chi/Yoga** combined in Warm Up in first 5 minutes
3. **5 Minute Cycles**
4. **Final Fusion**



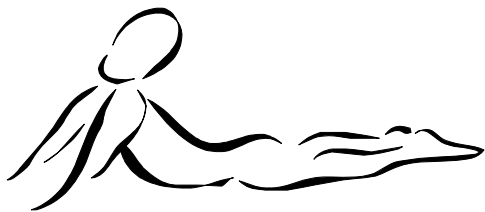
“We shouldn’t stop playing because we grow old, for we will grow old if we stop playing!”

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III. PRACTICAL

- **Yogic Breathing**
- **Yoga Asana for “Yo-Chi”©**
 - CHAIR, POWER POSE
 - DUCK
 - STANDING BACKBEND
 - ½ “MOON POSE”
 - WARRIORS
 - PIGEONS
 - YOGA PUSH-UP/ “4 POSTS”/PLANK
 - KNEE-CHEST-CHIN/CROCODILE
 - “BABY” COBRA
 - DOWNWARD DOG
 - EXTRAS: “T”, “CAMEL”

- **T’ai Chi Breathing**
- **T’ai Chi Forms for “Yo-Chi”©**
 - SINKING THE CHI
 - SUPPORTING HEAVEN LIKE A PILLAR
 - BOW AND ARROW WITH LEGS
 - 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
 - CLOSING THE DOOR
 - SNAKE CREEPS THRU GRASS



- **FINAL FUSION:**
 - SINK THE CHI
 - OPEN THE DOOR
 - PART THE HORSE’S MANE
 - WARRIOR #2, WARRIOR #1, REVERSE WARRIOR
 - SIDE PLANK + BOW & ARROW
 - PIGEON
 - SNAKE CREEPS THROUGH GRASS

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Summary:

Resources:

Home-Work:

Final Take-Home Messages: