

BUDDHA MEETS THE SAMURAI: MIND BODY BENTO

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I. INTRODUCTIONS

1. N A M A S T E
2. GRATITUDE
3. OUR PURPOSE TODAY: (STABILITY & MOBILITY AND OUR HISTORY W/DISCIPLINES)
4. STABILITY AND MOBILITY AND HISTORY: INDIA TO GERMANY TO NEW YORK
5. WORKSHOP/MASTERCLASS
6. ALTERNATE CLASS NAMES:
7. THEME:
8. EQUIPMENT: GLOVES. SHOES. NOODLES. MUSIC.
9. TEMPERATURE MANAGEMENT:
10. PARTNERS AND NAMES: A/1, “BUDDHAS”(POSERS) “SAMURAI” (MOVERS)
11. CLASS ORGANIZATION: CONGRUOUS: _____ UNIQUE _____

II. THEORY

	Yoga	Pilates:
Origins		
Age		
Stability		
Mobility		
Iso- --		
Breathing		
Focus		
Equipment		
Flow		
Styles		
Classes begin:		
Classes end:		
# of Reps		
8 Principles		
Exercises:		
Linking:		
Positions		
Benefits		

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. Yoga Characteristics and Quotations:

“Tension is where you THINK you should be; relaxation is where you are.”

1. . . . you are as young & stable as your spine is mobile...
2. . . . get into your sitz bones/feet so you can get out of your head...
3. ...where your coccyx goes, there too goes your posture...
4. . . . he or she who half breathes, half lives....
5. ...try to find the 3 phases of every posture: moving in, maintaining, and moving out...
6. . . . Buddha said “ cease looking and expecting and you have everything (stability) . . .

Example:

. Pilates Characteristics and Quotations:

“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

1. ...do as little as possible, but as much as necessary...
2. . . . control your stability while you add life’s mobility...
3. . . . where your eyes go, there too goes your posture.... Lolita San Miguel
4. . . . activate your core; engage your pelvic floor...
5. ...generally exhale when you execute the ~~active~~ phase of the move...
6. ... Buddha said “Endurance is one of the most difficult disciplines, but it is to the one who endures that the final victory comes” (mobility)...

Example:

. Considerations: Positions & Postures (examples)

MOVES:

YOGA

PILATES

ORGANIZATION WITH AND WITHOUT EQUIPMENT

1. **POSITION** (yoga move to Pilates move continuously or vice versa)
2. **HALVING** (first 1/2 experience yoga, second 1/2 experience Pilates or vice versa in which positions and movements flow the same way in each section as a mirroring reflection)
3. **HALVING** (first 1/2 experience yoga, second 1/2 experience Pilates or vice versa in which the positions and movements are not reflective)
4. **USING PARTNERS** for one or more discipline

POSITIONS:

	YOGA	PILATES
Bilateral Standing	MOUNTAIN STAR CHAIR TABLE WARRIOR #1 WARRIOR #2 WARRIOR #3	FOOTWORK/CALVES RECIPROCAL PLIES PLIES HINGES CHOPS ARM SWAYS HINGING CHOPS
Squatting	STAR CHAIR FALLING STAR	OPPOSITIONAL PLIES PLIE WORK HINGING
Unilateral Standing	TREE STORK WARRIOR #3 NOSE TOWARDS KNEE	CHOPS TAPS HINGES
Partner Standing (bi and unilateral)	STANDING TREE WARRIOR #3	PLIE SAMURAI RUNNING STAG
Equipment for 1: NOODLE	KNEELING: CAMEL STRADDLING: CROSS ANKLES SIDE-LYING: UNDER ARMS HAND PLANK: UP FACING DOG FOREARM PLANK: CHATARUNGA	TWISTS KNEE EXTENSIONS LEG "BEATS" TUCK & EXTEND HIP "EAST/WEST"
Repeat Options in Circles	Holding Postures	Squatting & Moving Postures to create drag, turbulence

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

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