

BEAMING S³: S.S.S.: SOULFUL SOLEFUL SYNERGY

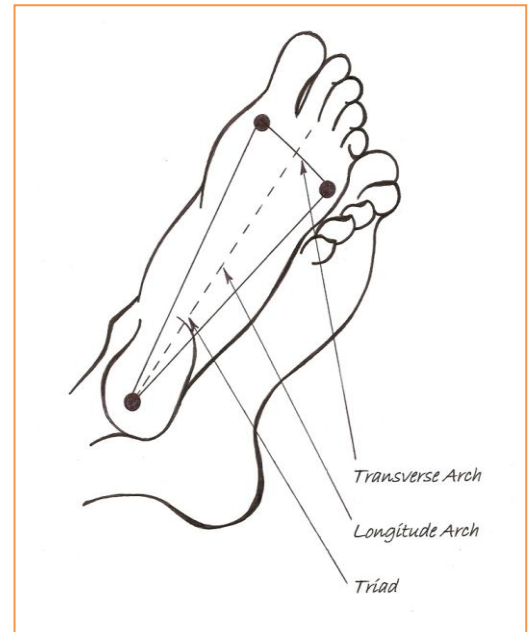
Lawrence Biscontini, MA
International Spa and Wellness Consultant
Mission: “wellness without walls™”

I. INTRODUCTIONS

1. Nāmaste! (“My inner peace meets, greets, and salutes your inner light”)
2. Gratitude
3. findlawrence.com, beamfit.com, L’s Background, and the Scholarships
4. Our Purpose Today: (stability and mobility and their *interdependence*)
5. Resources/Equipment:
6. Workshop/Masterclass
7. Our blends fuse:
8. Theme:

II. THEORY

1. History of Beaming
2. What “balance” really means
3. The Sensual Approach to Wellness
4. Meet the Beam
5. Why INLINE is functional:
6. The techniques and the Positions
7. Theory behind barefoot training
8. The 8 Beaming Principles
 RELEASING
 CENTERING
 CONTROLLING
 CONCENTRATING
 GROUNDING
 PRECISION
 FLUIDITY
 CONNECTING
9. Our disciplines



What is Beaming™?

Beaming™, in part, is a Fitness Program; however **Beaming™** imparts a pro-active strategy incorporating the physical with the experiential aspects of ones existence. **Beamfit™** is the first organization in the fitness industry to develop and mainstream the concept of The **B.E.A.M Method** (**B**alancing **E**xperiences with **A**ctivity to **M**otivate life change) which introduces to the participant a more holistic approach to the outcome of workout participation and the impact it can have on a their daily life beyond the workout environment.

Through the **Beaming™** experience, we strive to raise an individual’s overall awareness of all the aspects in his or her life, by paying close attention to breath, sense and sensory stimulation as well as lifestyle application – offering a unique and innovative program model. The IMMEDIATE response from the sensory system makes one more effective at “committing to task with focus” coupled with the consistent feedback from the beam to the body to continually challenge these systems. In **Beaming™** it is the IMMEDIATE and consistent adjustments that have to be made, allowing one to not only be focused but giving him or her the ability to adapt to change and adapt successfully in everything he or she does.

“if you reach for the stars, all you get are the stars, but I’ve got a whole new spin: if you reach for the heavens, you get the stars thrown in!”

"If you reach for the stars, all you get are the stars, but I've got a whole new spin: if you reach for the heavens, you set the stars thrown in!"

The acronym **B.E.A.M.** stands for three interrelated concepts which tie together to form the foundation of the philosophy, mission and programming intent.

- 1) When referring to the **Physical ACT** of **Beaming™**.....this is **BODY**
 - **B**alance your body
 - **E**ngage your core
 - **A**lign your spine
 - **M**ove your body

- 2) When referring to the **Emotional OUTCOME** of **Beaming™**....this is **MIND**
 - **B**alance.....In all areas of one's life leading to a more centered and fulfilled existence.
 - **E**levating self-esteem and confidence
 - **A**ccomplishment and realizing self-potential
 - **M**otivation while improving physical health and fitness

- 3) When referring to the **overall EXPERIENCE**this is **SPIRIT**

Balancing
Experiences with
Activity to
Motivate life change

A Blending of Mind-Body disciplines

Yoga is about **Stability**.....

Pilates is about **Mobility**....

Tai Chi is about **Ability**....

Beaming™ is about **Applicability**....

III. PRACTICAL

S/M	Approach	Discipline	Position	Movement	Focus + Purpose
Stability	Narrow Side	Yoga	Chair	Squat	Balance, warm-up for legs, Concentration
Mobility	Wide Side	Chi Gong	Standing, externally rotating legs	Gather & Sink the Chi	Preparing the body w/energy, squatting, Centering
Stability	Narrow Side	Feldenkrais	Standing, with weight shifts to each leg	Single Leg Stand	Full body scan, leaning body, Controlling
Mobility	Wide Side	Chi Gong	Standing	Separating Heaven and Earth	Weight shifting, leg warm-up, balance
Stability	Narrow or Single Leg Front	Yoga	Standing	Vinyasa of Eagle + Warrior 1	Dynamix balance, Fluidity



"If you reach for the stars, all you get are the stars, but I've got a whole new spin: if you reach for the heavens, you get the stars thrown in!"

Mobility	Wide Side	T'ai Chi	Standing	Legs: Rock Steps and Arms: Parting the Horse's Mane	Inner thigh stretch, balance, Connecting (upper + lower body)
Stability	Narrow Front	Yoga	Standing, Single Leg	Bilateral Chairs and Unilateral Storks	Balance, Dynamic Leg Strength, Grounding
Mobility	Narrow Front	Chi Gong	Squatting	Lotus + Big Bear Sits in Chair with dynamic leg sweeps	Dynamic Leg Strength
Stability	Wide Side	Yoga	Standing	Triangle	Total side stretches
Mobility	Wide Side	T'ai Chi	Wide Stance to Single Leg	Carry the Lantern + Rooster Stands on 1 Leg	Dyanmic balance, Precision, Fluidity
Stability	Narrow Front + Wide Side	Yoga	In-Line Kneeling + Wide Kneeling	Pigeon Pose with options + Gate Pose	Glute stretches, balance, Inner thigh and quadratus lumborum stabilization work
Mobility	Kneeling Side	Chi Gong	Kneeling	Windmill	Dynamic frontal plane core work
Stability + Mobility	Narrow Side	Yoga	Standing	8 Pose Beam Salutation	Stability and Mobility: Chair, Warrior, Plank, Up Dog, Down Dog, Plank, Chair, Mountain
Stability	Kneeling on Floor	Feldenkrais	Quadruped on Floor	Beam Across Back + "Slouch and Recover"	Neutral Spine
Mobility	Spine parallel to Beam	Yoga + T'ai Chi	Side-lying	Bow and Arrow in Side Plank	Shoulder rotators, spine stabilizers

"If you reach for the stars, all you get are the stars, but I've got a whole new spin: if you reach for the heavens, you get the stars thrown in!"

Stability	Spine parallel to Beam	Yoga	Prone	Balancing Bow, Cobras	Spinal Extension and postural work
Stability	Straddle	Yoga	Seated	Hero Pose	
Stability	Spine parallel to Beam	Yoga	Supine	Bridge + Candle	Upper Core Work + Abs
Mobility	Spine parallel to Beam	Yoga + T'ai Chi	Supine	Crunch, Supine Child, Open the Door	Abs, Shoulders

Summary:

Home-Work:

Resources:

Final Take-Home Messages:

Other Beamfit® Sessions/Programs: