

Buddha Camp: aggressive mind-body

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Mission: "wellness without walls™"

I. INTRODUCTIONS

III. Buddha Camp Practical

- *Yoga: Hold Yoga Poses 15-30 seconds for w/o following music
- *Pilates: 8 repetitions of movement using music (or 8 to each side)
- *Gyro: 16 repetitions of movement using music
- *T'ai Chi: 8 repetitions w/o following music
- S/F: slower/faster option
- Flexibility is ACTIVE stretching

Each box of movement patterns should take under 5 minutes depending on tempo of music selection

Centering: squat in Chair pose w/arms in "Namaste" position, Progression: look up, eyes closed, on toes

Movement Pattern	Discipline	Progression/Regression
1-2. STANDING TREE	STABILITY- YOGA	
Pilates leg circles	MOBILITY-PILATES	P: arms overhead R: arms on hips
Reaches to opposite foot behind, with single leg squat:	MOBILITY-GYRO	
Sinking the Chi	STABILITY-MOBILITY COMBO- T'AI CHI	

Repeat other side

"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!"



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3.STANDING series: ONE SLOW SALUTATION of 8 counts: CHAIR, LUNGE, PLANK, UP DOG, DOWN DOG, LUNGE, CHAIR, MOUNTAIN, S/F option	STABILITY- YOGA	R: on knees for plank; stay on forarms
Repeat Salutation adding Pilates 3 STARS and 3 SWANS and 3 STARS between LUNGES (chair, lunge, 3 stars, down dog w/1 leg up, up dog, down dog w 1 leg up, 3 stars, lunge, chair)	MOBILITY-PILATES	
Jumping to star position and lateral flexions w/arms on legs	MOBILITY-GYRO	
T'ai Chi Carry the Lantern to Standing Rooster S/F option	STABILITY-MOBILITY COMBO- T'AI CHI	

Transition TO FLOOR

Movement Pattern	Discipline	Progression/Regression
4.LUNGE-PLIE-LUNGE- REACH TO FLOOR- REACH TO FLOOR		Keep back knee on floor in last lunge to transition to floor



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5-6..MERMAID Position of lateral flexion binding arm behind body	STABILITY- YOGA	P: elbow on floor R: elbow slightly flexed
Mermaids taking opposite foot off of floor	MOBILITY-PILATES	P: add hip flexion w/top leg towards the front
Unilateral pushups w/ arm circles overhead behind opposite shoulder	MOBILITY-GYRO	
Triceps stretch and kicking side rooster	STABILITY-MOBILITY COMBO- T'AI CHI	P: keep kicking rooster leg off of the floor

Repeat to other side

Movement Pattern	Discipline	Progression/Regression
7.STAFF Position	STABILITY- YOGA	P: lift glutes off of floor
Roll Ups and Downs	MOBILITY-PILATES	
Oblique Open Ocean w/Ocean Breath	MOBILITY-GYRO	P: go all the way to the floor
Embrace the Full Moon and Spinal Extension w/arms overhead to stretch abdominals	STABILITY-MOBILITY COMBO- T'AI CHI	

Movement Pattern	Discipline	Progression/Regression
8-9. Crocodile or Crow	STABILITY- YOGA	
Pilates Tuck and Extend with yoga "pigeon transition"	MOBILITY-PILATES	P: on toes; R: on knees
Swimmers Reaches and Circles in Plank 8 xs each side, resting on floor in between	MOBILITY-GYRO	
Knee on opposite foot in	STABILITY-MOBILITY	R: keep hands on floor



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prone position and Tai Chi Flying Bird (retraction)	COMBO- T'AI CHI	to maintain balance
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Repeat other side

Movement Pattern	Discipline	Progression/Regression
10. KNEELING position CAMEL	STABILITY- YOGA	P: plantarflex ankles and bring hands to ankles; R: dorsiflex ankles or just keep hands on kidney area; fold the mat to make a padding for the knees.
Kneeling reverse tables/planks	MOBILITY-PILATES	P: make unilateral w/arms and add hyperextension
Pilates thigh stretches w/arms overhead	MOBILITY-GYRO	P: add rotation of arm to foot and past foot onto floor with 'sweeping' motion
Gather and Sink the Chi kneeling in high hero	STABILITY-MOBILITY COMBO- T'AI CHI	

Movement Pattern	Discipline	Progression/Regression
11. A: SIDE PLANK (FOREARM OR PALM) Stability on one side	STABILITY- YOGA	R: on elbow and knees, lower top arm; P: on elbow and ankles; raise top arm
B: SIDE-LYING LEG SERIES	MOBILITY-PILATES	P: top hand in air
SIDE TRANSFER SERIES to new side and repeat A + B	MOBILITY-GYRO	Do on toes to eliminate knee discomfort
Bow & Arrow then Cowface w/upper body Sinking the Chi	STABILITY-MOBILITY COMBO- T'AI CHI	



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12. Bridge or $\frac{1}{2}$ Shoulder Stand	STABILITY-YOGA	R: keep hands on floor for bridge; P: $\frac{1}{2}$ Shoulder Stand
Criss Cross and Double Leg Stretch Series	MOBILITY-PILATES	
Spinal Articulation (Pilates-style bridges) w/single leg abductions changing sides each time (cues: "up, out, in, down")	MOBILITY-GYRO	
	Roll like a ball or Seal as a transition to Seated	
Pet the Horse rotations for obliques in seated		

13. Transition TO STANDING:
 "Step throughs" w/arms overhead and optional rotation "chops." The goal is to step through in the sagittal plane and avoid abduction and circumduction of the hip. Imagine a plate of glass on both sides of you, and do the movement without hitting the glass. P: pad the knee area by folding the mat a few times.

Movement Pattern	Discipline	Progression/Regression
14. Namaste Arms to sit in Chair, then diagonal lift	STABILITY-YOGA	P: Try to finish on a Single Leg Stance; R: keep toes on the floor
Pilates: Rotation towards opposite hip "chop"	MOBILITY-PILATES	Maintain neutral spine; add vestibular challenge if possible of cervical rotation
Inside arm add/abduction	MOBILITY-GYRO	R: keep toes on floor and just abduct/adduct with inside arm;



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"Flying Bird:" bilateral shoulder adduction/abduction	STABILITY-MOBILITY COMBO T'AI CHI	Maintain neutral spine; P: add single leg leg squat on flying bird
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Movement Pattern	Discipline	Progression/Regression
15. A: STANDING Nose to Knee Series (1 side)	STABILITY- YOGA	R: just hold leg and balance; P: hold bottom of foot and place nose on knee
B: Knee lifts w/hip extensions adding rotation "chops" from transition	MOBILITY-PILATES	
<i>Repeat A + B other side</i>		
Standing Flexions w/arms overhead	MOBILITY-GYRO	
Sink the Chi with Mountain + Chair + Table	STABILITY-MOBILITY COMBO- T'AI CHI	

Summary:

Home-Work:

Resources:

Final Take-Home Messages:

This program is conceived and offered at Golden Door Spas, which all proudly feature Reebok University programming and unique fusion creations like "Yo-Chi"® To find out about Lawrence's recent projects, and for lots of free stuff, find Lawrence at findLawrence.com!



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