

CHI-LATES

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. What this program is really about:
4. Theme: Undulating Mind-Body Fusion
5. Music:
6. Resources/Equipment:
7. Workshop/Masterclass
8. Research: www.findlawrence.com: FREE STUFF-

II. THEORY

9. Fusion Justification:

	T'AI CHI 8 BROCADE	PILATES 8 PRINCIPLES
MAIN NUMBER		
TAKES PLACE		
ORIGIN/AGE		
TRAINING METHOD		
ISOMETRIC/ISOTONIC		
STANDING/FLOOR		
EQUIPMENT		
BREATHING	PURSED LIP/TONGUE	FORCED EXHALATION
NUMBERS OF REPETITIONS		
PAUSES & PRECISION		
TRADITIONAL START		
TRADITIONAL FINISH		
SPEED		
PHILOSOPHY	<i>Ancient Chinese Secret: "He or she who needs the most can do the best with the least." LT</i>	<i>Ancient Pilates (well, not so ancient) Secret: "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</i>

10. FORMAT OF CHI-LATES

- a. UPPER BODY FOCUS
- b. LOWER BODY FOCUS
- c. INTEGRATION FOCUS

"Faith doesn't make things EASY, it makes things POSSIBLE!"



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



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TA'I CHI/CHI GONG	PILATES	INTEGRATION
1. GATHER THE CHI + REACH A STAR	PLIES	✓
2. PAINT THE WALL & TWIST	CALF RAISES	✓
3. HUG THE TREE	STANDING FOOTWORK CLOCK TAPS	✓
4. DIVING FOR THE NEEDLE	STANDING KNEEBENDS AND FOOTWORK	✓
5. UNILATERAL BOWING ROOSTER + PAINTING THE WALL	--UNILATERAL CALF RAISE OF SUPPORT LEG --UNILATERAL STANDING LEG CIRCLES OF NONSUPPORTING LEG	✓
6. EMBRACING THE MOON + PARTING THE HORSE'S MANE TO EACH SIDE	WALKING HANDS DOWN THE BODY SPINAL ARTICULATION TO SEATED	
7. EMBRACING THE MOON + PARTING THE HORSE'S MANE TO EACH SIDE	--MERMAID PUSHUPS --CRISS-CROSS --TEASERS --DOUBLE LEG STRETCHES --MERMAID PUSHUPS	✓
	ROLLING LIKE A BALL TO STANDING	
8. HIGH PATTERN HORSE + WILLOW TREE BENDS IN WIND	WALKING HANDS DOWN THE BODY SPINAL ARTICULATION TO PRONE	
9. WILLOW TREE (IN PRONE)	SWIMMING	✓
TURN SUPINE	TURN SUPINE	TURN SUPINE
10.--HUG THE TREE --REACH A STAR	--UNILATERAL ARTICULATING BRIDGES	✓
	ROLLING LIKE A BALL TO STANDING	
BOW AND ARROW 2 WAYS	WALKING HANDS DOWN THE BODY SPINAL ARTICULATION TO PLANK	PILATES PUSHUPS + BOW AND ARROW
	WALKING THE HANDS UP THE BODY TO STANDING	
GATHER THE CHI		

Summary:
 Home-Work: Use the Google
 Resources: fitwisetraining.com, [homestudies](http://homestudies.com), *Imperfekt Productionz*
 Final Take-Home Messages:

