

"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 see the stars thrown in!"

just b.e.: Balanced Equilibrium on the BOSU

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Mission: "wellness without walls™"

I. INTRODUCTIONS

1. Nāmaste! ("My inner peace meets, greets, and salutes your inner light")
2. Gratitude
3. findlawrence.com, biscontin@aol.com, L's Background, and the Biscontin Scholarship
4. Our Purpose Today: (stability and mobility)
5. Resources:
6. Theme:
7. BOSU evolutions



be different.

II. THEORY

1. SWEAT
2. SHOES
3. PELVIC STABILITY AND MINIMAL REPETITIONS, MAXIMAL STIMULI.
WHY MOBILITY BEFORE STABILITY SOMETIMES
4. UPPER-LOWER BODY SEPARATION
5. ORGANIZATION BY STABILITY/MOBILITY AND BODY POSITION
6. PROGRESSION/REGRESSION TRAINING AND ULTIMATE PROGRESSION
7. EQUILIBRIUM AND BALANCE DEFINITIONS:
 - A.
 - B.
 - C.
 - D.

THEME: _____

- T'AI CHI (mobility)
- YOGA (stability, "just be")
- PILATES (mobility)
- FELDENKRAIS (stability)
- GYROTONIC (mobility)



III. PRACTICAL: (NOTE: the following is but a 'dim sum' sampling of ideas)

1.	STANDING T'AI CHI (MOBILITY) SINK THE CHI, BOW AND ARROW, ROOSTER STANDS, CARRY THE LANTERN , <i>ESTABLISH MOUNTAIN AS RECURRING THEME OF 'JUST BE'</i>
2.	STANDING MOBILITY: 3 TWISTS + OVER THE TOP WITH VARIATIONS, ADDING IN WARRIOR 2, MOUNTAIN
3.	STANDING YOGA (STABILITY) LUNGES (WARRIOR 1 AND 2), PRAYING WARRIORS; BOUNCING VINYASA OF CHAIR (FOR 3 COUNTS) TO STANDING BACKBEND AND CHAIR (FOR 3 COUNTS) TO PLANK; <u>FLAT SIDE UP</u> : SUN SALUTATION VARIATIONS
4.	STANDING MOBILITY: PILATES LEG WORK WITH SEMI-CIRCLES, SCAPULAR RETRACTIONS, STANDING LEG CIRCLES
5.	PLANK STABILITY WORK: CORBRA + DOWNWARD FACING DOG, PLANK + ABDUCTIONS, <u>DOME OR FLAT SIDE UP</u> : PILATES STAR
6.	QUADRUPED MOBILITYWORK: OPPOSITION REACHES WITH KNEES ON THE FLOOR (OPTION OF REACHING FOR OPPOSITE FOOT), OPPOSITION REACHES KNEES ON DOME AND HANDS ON FLOOR, OPTION OF TRYING HANDS AND KNEES ON DOME, REPEAT WITH SAME-SIDE REACHES
7.	SUPINE STABILITY WORK INCLUDING BRIDGING: PILATES SINGLE LEG STRETCH, BRIDGING WITH SCAPULAE <u>OFFSET</u> ON DOME, DEAD BUGS, CRUNCHES, HUNDRED VARIATIONS, YOGA FISH
8.	SIDE LYING MOBILITY: PILATES SCISSORS, LEG BEATS, SIDE LIFTS, AND SHIFT MOVES OVER DOME TO LATERAL FLEXION FOR Q.L. ("DOWN, DOWN, UP, UP))
9.	PRONE MOBILITYWORK: SWIMMING FLY WITH ROTATION, YOGA BOW STABILITY
10.	SIDE LYING: REPEAT #8
11.	KNEELING STABILITY WORK: UNILATERAL ISOMETRIC ABDUCTIONS CHALLENGING CORE WITH DIFFERENT ARM PATTERNS, ROTARY TRIPLANAR MOVEMENT FROM KNEES TO KNEES SWEEPING ARMS OVERHEAD, "LOW WARRIOR STABILITY:" HIP FLEXOR STRETCH W/BACK KNEE ON CENTER OF DOME AND FRONT FOOT ON FLOOR IN FRONT
12.	SEATED MOBILITY WORK: V SITS TOUCHING DOWN OPPOSITE HEELS, (SHIFT WEIGHT, AND...) V SIT TO SUPINE AND BACK AS A 'TEASER' WITH SPINE FLEXED OR EXTENDED, <u>FLAT SIDE UP</u> : CIRCLES, SEATED BALANCE WITH Q.L. STRETCH, ROTATIONS

Summary:

Home-Work:

Final Take-Home Messages:

