

# Yo~Chi® GLOW

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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. L's Background, and the Biscontini Scholarship
4. Our Purpose Today: (stability and mobility)
5. Resources/Equipment: (orientaltradingcompany.com)
6. Workshop/Masterclass
7. Research:
8. Theme:
9. I listen and I \_\_\_\_\_, I look and I \_\_\_\_\_, I DO and I \_\_\_\_\_)

## II. THEORY

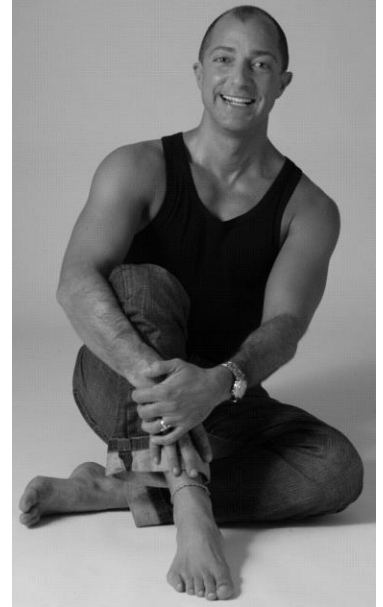
1. trends in fusion classes today
2. Why **GLOW**?  
(chakras: green \_\_\_\_\_ and purple \_\_\_\_\_)  
(T'ai Chi colors: \_\_\_\_\_)
3. **origin** of the name: Yoga + Tai Chi = Yo-Chi®
4. **Directions:** T'ai Chi begins moving \_\_\_\_\_ and Yoga \_\_\_\_\_.
5. **principles** of Yoga and Principles of Tai Chi

### Yoga and T'ai Chi:

Stability	Mobility
Nose Breathing	Mouth Breathing
Isometric	Isotonic Work
Individual	the Group
Working-In	Working-Out
Seeing Within	Seeing Without
No Observable Movement	Observable Movement
Lactate	Release
Core Stability	Functional Stability
Simple Complexity	Complex Simplicity

*"It's one thing to bring energy to a place; it's another thing to move it!"*

- **MUSIC USAGE:**  
5 MINUTES OF FUSION  
5 MINUTES OF T'AI CHI—EMPHASIZING MOBILITY  
5 MINUTES OF YOGA-EMPHASIZING STABILITY  
REPEAT



"We shouldn't stop playing because we grow old, for we will grow old if we stop playing!"



# findLawrence.com

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

III. PRACTICAL: We draw together from a section from among:

- **YOGIC BREATHING**
- **Yoga Asana for “Yo-Chi”©**
  - MOUNTAIN
  - CHAIR, POWER POSE
  - “MOON POSE”
  - WARRIORS 1, 2, 3
  - PIGEON & FLYING PIGEON
  - BRIDGE
  - PLANKS, SIDE PLANKS, RVRSE
  - TABLE
  - EAGLE
  - TREE
  - STAR
  - DUCK
  - COBRA
  - UP/DOWN DOG  
W/ROTATION
- **T’AI CHI BREATHING**
- **T’ai Chi Forms for “Yo-Chi”©**
  - GATHERING & SINKING THE CHI
  - SUPPORTING HEAVEN LIKE A  
PILLAR
  - BOW AND ARROW WITH LEGS
  - OPENING/CLOSING THE DOOR
  - BEAT THE DRUM
  - EMBRACING THE MOON
  - PARTING THE HORSES MANE
  - BASIC LEG STEPS: 1. T, 2. BOW, 3.  
EMPTY, 4. OPEN AND  
CLOSE DOOR
  - CRANE SPREADS WINGS
  - ROOSTER STANDS ON ONE LEG
  - WAVE HANDS LIKE CLOUDS
  - SNAKE CREEPS THROUGH GRASS
  - CARRY THE LANTERN
  - SLOW PUNCHES
  - CLOSING THE DOOR
- **FINAL FUSION:**
  - FINAL FUSION:**
    - SINK THE CHI
    - OPEN THE DOOR
    - PART THE HORSE’S MANE
    - WARRIOR #2, WARRIOR #1
    - SIDE PLANK with BOW & ARROW
    - SNAKE CREEPS THROUGH GRASS
    - ROOSTER STANDS ON ONE LEG
    - TREE

Summary:

Home-Work:

Resources: [fitwisetraining.com](http://fitwisetraining.com)

Final Take-Home Messages:

“We shouldn’t stop playing because we grow old, for we will grow old if we stop playing!”

