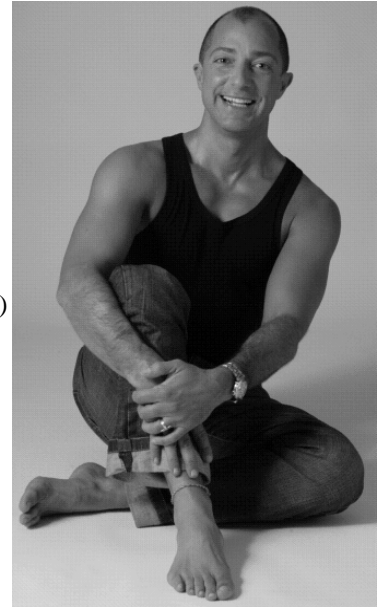


Yo-Chi® GLOW

Lawrence Biscontini, MA,
Reebok University Master Trainer, Golden Door Fitness Manager
Mission: 'wellness without walls'



I. INTRODUCTIONS

1. Nāmaste! (“My inner peace meets, greets, and salutes your inner light”)
2. Lawrence’s Background & Golden Door Spa
3. Our Purpose Today:
4. Music:
5. Videos:
6. www.findlawrence.com
7. Confucius: (I look and I ____; I listen 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. Mind-Body Flow **balancing**:
6. **principles** of Yoga and Principles of Tai Chi

Yoga and T'ai Chi:

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

“It’s one thing to bring energy to a place; it’s another thing to move it!”

1. **Music** (5 minute cycled segments for isometric and isotonic)
2. **Tai-Chi/Yoga combined in Warm Up in first 5 minutes**
3. **5 Minute Cycles**
4. **Final Fusion**

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



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

III. PRACTICAL

- **YOGIC BREATHING**

- **Yoga Asana for “Yo-Chi”©**

- MOUNTAIN
- CHAIR, POWER POSE
- “MOON POSE”
- WARRIOR LUNGES
- YOGA PUSH-UP/ “4 POSTS”/PLANK
- PIGEON
- BRIDGE
- SIDE PLANK
- TABLE
- COBRA
- UPWARD FACING DOG
- STANDING MOON POSE

- **T’AI CHI BREATHING**

- **T’ai Chi Forms for “Yo-Chi”©**

- SINKING THE CHI
- SUPPORTING HEAVEN LIKE A PILLAR
- BOW AND ARROW WITH LEGS
- OPENING 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**
-

Home-Work:

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”©.

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