

Yo-Cycle® 2006

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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: FUSION (of disciplines, of stability & mobility)
4. Music: especially the ZEN series by Dynamix
5. www.findlawrence.com
6. Confucius:

“I look and I _____
I listen and I _____
I DO and I _____.”

II. THEORY

1. Fusion
2. Class Variables of Cycle:

3. Class Variables of Mind-Body:

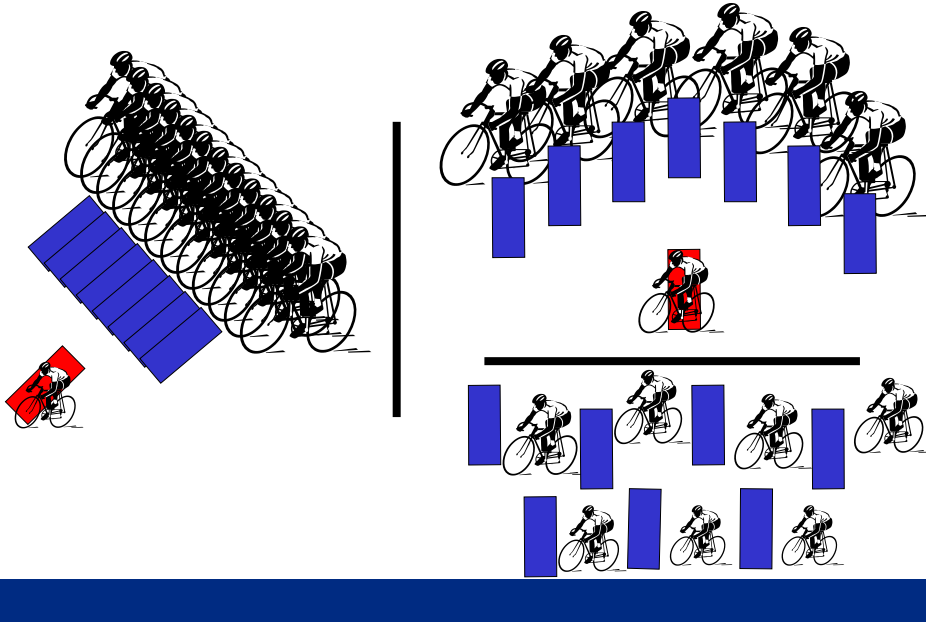
4. What is power?
5. What is its purpose?
Gandhi said:
6. What is speed?
7. What is its purpose?
8. Mind Body Nomenclature:
 - a. Not “tension” but “_____”
 - b. not catching your breath because _____
 - c. awareness
 - d. “notice”
 - e. working within, especially with eyes closed
 - f. not a “work-out” experience but instead a _____
 - g. the psy-chology of psy-cling
9. Organization of Songs:
 - a. chakras
 - b. instrumental
 - c. recognizable lyrics
 - d. morphed lyrics
 - e. silence

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



10. Class Set-Up Options

CLASS FORMAT



III. PRACTICAL

BREATHING METHODS & EXAMPLES:

1. Nose Only:

- ujjai breath.** (filters, slows, calms, maintenance of optimum O₂/Co₂ and warms up the body, increases concentration)
- 3 part breathing/depth breathing** (inhale low, middle, high and exhale high, middle, low, diaphragmatic, thoracic, clavicular. Washington Post of 98 reports Wayne State University of Detroit study decreasing hot flashes 50% women through this technique for 5 mins day)
- T'ai Chi breathing** (yawn, sighing, opens and balances the Chinese 12 meridians, improves posture, unblocks energy, strengthens)
- alternate nostril** (destresses, sinusitis, increases self-awareness, balances L & R hemispheres, "ultradian" rhythm)

2. Nose and Mouth

Inhaling Nose, Exhaling Mouth:

- Pilates forced expiration/exhalation** (balloon, "rolling pin" to facilitate movement)
- bhastrika breath** (arms front, open, up + down 'ha', to energize body)

Inhaling Mouth, Exhaling Nose

- reverse breathing**



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3. **Mouth Only:**

- A. **pursed lip breathing;**(American Lung Association says it raises O2 level of blood = or greater to being put on 2 liters O2 /minute)
- B. **yawn, sighing** (stimulation of parasympathetic nervous system)

4. **BOTH Nose and Mouth simultaneously Inhale and Exhale:**

- A. **laughter** (increases immunoglobulin A which is directly responsible for fighting colds and respiratory cancers, increases immune system; uses the deepest part of lungs)

Yoga Postures Inspiration:

HAMSTRINGS, GLUTEALS, HIP FLEXORS

-staff, butterfly, low lunge, bow, camel, pigeon, reverse 1/2 plank

ITB/TFL/SPINAL ERECTORS, ABDOMINALS

-butterfly, sphinx/cobra, supine & seated rotation, cat & cow vinyasa

“I honor the place in you/ where the entire universe resides./ I honor the place in you/ of light, of love, of chi. / I honor the place in me/ where the entire universe resides./ I honor the place in me/ of light, of love, of chi. / I honor the place in you/ so when you are in that place in you/ and I am in that place in me/ we are one.”

Yo-Cycle® Ride for 2005

- *Autumn, Vivaldi
- **“The Journey Home,”* Sarah Brightman
- Biltis-Generig, Sarah Brightman
- **“Everything’s Allright,”* Andrew Lloyd Weber, *“Jesus Christ Superstar”*
- *“Dynamix Lawrence’s Mind-Body Fusion*
- *Jolly,”* Buddha Bar Climb
- *“The Coronation,”* from *“The Last Emperor,”* Title Theme
- Qawwali Sukhwinder Singh Yoga Chant, *“Bombay Dreams”*
- *“How Are You?,”* David Usher
- *“Lemongrass,”* Buddha Bar
- *“Orchestral Suite”* from Lizzie McGuire, *“The Movie”*
- *“One God,”* Barbra Streisand
- *“Cantilena,”* Café del Mar
- *“Ave Maria,”* Café del Mar
- *“Misere,”* Buddha Bar
- *Deva Premal, herself
- *“To Where You Are,”* Josh Groban
- *“The Journey Home,”* Andrew Lloyd Weber’s *“Bombay Dreams”*

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”®. and “Yo-Cycle”®

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