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|--|------------------------------------|---|
| YOGA BUDDHA LUNGE-PILATES<br>BUDDHA OPEN FLIE SQUAT-<br>GYRATING BUDDHA LUNGE- T'AI CHI<br>BUDDHA BALANCE-REACH TO WATER<br>LEVEL WITH OPTIONAL ROTATION | Yoga<br>Pi<br>Gyra/Rotation<br>Tai | "I AM LOVE AND LIGHT. ONLY I<br>CAN MAKE THINGS RIGHT."<br><br>"IF IT'S GOING TO BE, IT'S UP TO<br>ME. I CONTROL MY DESTINY." |
|--|------------------------------------|---|

| Movement Pattern  | Discipline                            | Progression/Regression                             |
|---|---------------------------------------|--|
| A: STANDING Balance Pose  | STABILITY- YOGA                       | Arm variations including holding<br>bottom of foot |
| B: Knee lifts w/hip extensions adding<br>rotation "chops" from transition | MOBILITY-PILATES                      |  |
| <i>Repeat A + B other side</i>  |                                       |  |
| Standing Flexions w/arms overhead   | MOBILITY-<br>ROTATION                 |  |
| Sink the Chi Active Hip Stretching  | STABILITY-MOBILITY<br>COMBO- T'AI CHI |  |

| Movement Pattern  | Discipline                           | Progression/Regression |
|---|--------------------------------------|------------------------|
| Jumping Star to Balancing Chair   | STABILITY-YOGA                       |                        |
| Standing Plies with heels together  | MOBILITY-PILATES                     |                        |
| Moving Circular NIA moves with<br>rotation to single leg  | MOBILITY-<br>ROTATION                |                        |
| T'ai Chi Wu-Shu Lunges and<br>PowerArms crossed in front of chest<br>(one hand out of water, one hand in) | STABILITY-MOBILITY<br>COMBO T'AI CHI |                        |

| Movement Pattern  | Discipline                           | Progression/Regression  |
|---|--------------------------------------|---|
| Namaste Arms to sit in Chair and<br>diagonal lift with arms opening to water<br>level | STABILITY-YOGA                       | P: Try to finish on a Single Leg<br>Stance; R: keep toes on the floor                   |
| Pilates: Rotation towards opposite hip<br>"chop" and open arms at water level         | MOBILITY-PILATES                     | Maintain neutral spine; add<br>vestibular challenge if possible of<br>cervical rotation |
| Inside arm add/abduction: rotation  | MOBILITY-<br>ROTATION                | R: keep toes on floor and just<br>abduct/adduct with inside arm;                        |
| "Flying Bird:" bilateral shoulder<br>adduction/abduction                              | STABILITY-MOBILITY<br>COMBO T'AI CHI | Maintain neutral spine; P: add single<br>leg leg squat on flying bird                   |

Conclusion: Upper Body: T'ai Chi: Separating Heaven and Earth with Lower Body:  
Jumping Warriors

Equipment options:

|                           |
|---------------------------|
| Summary:                  |
| Home-Work:                |
| Resources:                |
| Final Take-Home Messages: |

"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 get the stars thrown in!"

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