

Buddha Camp: aggressive mind-body

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Mission: "wellness without walls™"

I. INTRODUCTIONS

Buddha Camp Practical: M, W, F: LEFT, T, Th, Sa: RIGHT Sunday: Backwards

Why Barefoot? Why "aggressive?" Lighting

***Yoga:** Hold Yoga Poses 15-30 seconds in silence, emphasizing stability

***Pilates:** appropriate speed of repetition

***Rotation:** adding the horizontal plane movement (rotation)

***T'ai Chi:** active stretching for at least one body part worked in the series

Yo-Pi-Gyra-Tail

S/F: slower/faster option Flexibility is ACTIVE stretching

Introduction to the experience involves: **Purpose** (to aggressively fuse yoga, Pilates, rotating disciplines, and T'ai Chi for active stretching), **Theme** (to focus on stability and mobility), **Breathing** should be comfortable and I'll offer some suggestions from each discipline, **Speed** should be a comfortably-challenging pace for you, so go at a speed that makes you successful. I'll offer you some Buddha Camp tempo challenges. **Mat** placement could be vertical towards the front, or crossed as the letter "T." **Music** is non-traditional mind-body music especially chosen for Buddha Camp. **Centering:** squat in Chair pose w/arms in "Namaste" position, Progression: look up, eyes closed, on toes.

Movement Pattern	Discipline	Progression/Regression
1-2.STANDING TREE Pilates leg circles	STABILITY- YOGA MOBILITY-PILATES	P: arms overhead R: arms on hips
Reaches to opposite foot behind, with single leg squat: Sinking the Chi w/ ankle of stabilizing leg over opposite knee, sitting. Repeat other side	MOBILITY-ROTATION STABILITY-MOBILITY COMBO- T'AI CHI	

Movement Pattern	Discipline	Progression/Regression
3.STANDING series: ONE SLOW SALUTATION of 8 counts: CHAIR, LUNGE, PLANK, UP DOG, DOWN DOG, LUNGE, CHAIR, MOUNTAIN, S/F option Repeat Salutation adding Pilates 3 STARS and 3 SWANS and 3 STARS between LUNGES (chair, lunge, 3 stars, down dog w/ 1 leg up, up dog, 3 swans, down dog w 1 leg up, 3 stars, lunge, chair) Jumping to star position and lateral flexions w/ arms on legs T'ai Chi Carry the Lantern to Standing Rooster S/F option	STABILITY- YOGA MOBILITY-PILATES MOBILITY-ROTATION STABILITY-MOBILITY COMBO- T'AI CHI	R: on knees for plank; stay on forarms

Movement Pattern	Discipline	Progression/Regression
4.YOGA BUDDHA LUNGE-PILATES BUDDHA OPEN PLIE SQUAT-GYRATING BUDDHA LUNGE-T'AI CHI BUDDHA BALANCE with LOTUS-REACH TO FLOOR-REACH TO FLOOR		Keep back knee on floor in last lunge to transition to floor; "I am love and light; only I can make things right." "If it's going to be, it's up to me, for I control my destiny."

Movement Pattern	Discipline	Progression/Regression
5-6..MERMAID Position of lateral flexion binding arm behind body Mermaids taking opposite foot off of floor Unilateral pushups w/ arm circles overhead behind opposite shoulder Triceps stretch and kicking side rooster Repeat to other side.	STABILITY- YOGA MOBILITY-PILATES MOBILITY-ROTATION STABILITY-MOBILITY COMBO- T'AI CHI	P: elbow on floor R: elbow slightly flexed P: add hip flexion w/top leg towards the front P: keep kicking rooster leg off of the floor

"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 set 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!



Movement Pattern	Discipline	Progression/Regression
7. STAFF Position	STABILITY- YOGA	P: lift glutes off of floor
Roll Ups and Downs	MOBILITY-PILATES	
Oblique Open Ocean w/Ocean Breath	MOBILITY-ROTATION	P: go all the way to the floor
Embrace the Full Moon and Spinal Extension w/arms overhead to stretch abdominals	STABILITY-MOBILITY COMBO- T'AI CHI	

Movement Pattern	Discipline	Progression/Regression
8-9. Crocodile or Crow	STABILITY- YOGA	
Pilates Tuck and Extend with yoga "pigeon transition"	MOBILITY-PILATES	P: on toes; R: on knees
Swimmers Reaches and Circles in Plank 8 xs each side, resting on floor in between	MOBILITY-ROTATION	
Knee on opposite foot in prone position and T'ai Chi Flying Bird (retraction)	STABILITY-MOBILITY COMBO- T'AI CHI	R: keep hands on floor to maintain balance
Repeat other side		

Movement Pattern	Discipline	Progression/Regression
10. KNEELING position CAMEL	STABILITY- YOGA	P: plantarflex ankles and bring hands to ankles; R: dorsiflex ankles or just keep hands on kidney area; fold the mat to make a padding for the knees.
Kneeling reverse tables/planks	MOBILITY-PILATES	P: make unilateral w/arms and add hyperextension
Pilates thigh stretches w/arms overhead	MOBILITY-ROTATION	P: add rotation of arm to foot and past foot onto floor with 'sweeping' motion
Gather and Sink the Chi kneeling in high hero	STABILITY-MOBILITY COMBO- T'AI CHI	

Movement Pattern	Discipline	Progression/Regression
11. A: SIDE PLANK (FOREARM OR PALM) Stability on one side	STABILITY- YOGA	R: on elbow and knees, lower top arm; P: on elbow and ankles; raise top arm
B: SIDE-LYING LEG SERIES	MOBILITY-PILATES	P: top hand in air
SIDE TRANSFER SERIES to new side and repeat A+ B	MOBILITY-ROTATION	Do on toes to eliminate knee discomfort
Bow & Arrow then Cowface w/upper body Sinking the Chi	STABILITY-MOBILITY COMBO- T'AI CHI	

Movement Pattern	Discipline	Progression/Regression
12. Bridge or ½ Shoulder Stand	STABILITY- YOGA	R: keep hands on floor for bridge; P: ½ Shoulder Stand
Spinal Articulation (Pilates-style bridges) w/single leg abductions changing sides each time (cues: "up, out, in, down")	MOBILITY-PILATES	
Criss Cross and Double Leg Stretch Series	MOBILITY-ROTATION	
Pet the Horse rotations for obliques in seated	Roll like a ball or Seal as a transition to Seated	

13. Transition TO STANDING:
 "Step throughs" w/arms overhead and optional rotation "chops." The goal is to step through in the sagittal plane and avoid abduction and circumduction of the hip. Imagine a plate of glass on both sides of you, and do the movement without hitting the glass. P: pad the knee area by folding the mat a few times.

Movement Pattern	Discipline	Progression/Regression
15. A: STANDING Nose to Knee Series (1 side)	STABILITY- YOGA	R: just hold leg and balance; P: hold bottom of foot and place nose on knee
B: Knee lifts w/hip extensions adding rotation "chops" from transition	MOBILITY-PILATES	
Repeat A + B other side		
Standing Flexions w/arms overhead	MOBILITY-ROTATION	
Sink the Chi with Mountain + Chair + Table	STABILITY-MOBILITY COMBO- T'AI CHI	

Movement Pattern	Discipline	Progression/Regression
14. Namaste Arms to sit in Chair, then diagonal lift	STABILITY-YOGA	P: Try to finish on a Single Leg Stance; R: keep toes on the floor
Pilates: hip "chop" with opposite knee	MOBILITY-PILATES	Maintain neutral spine; add vestibular challenge if possible of cervical rotation
Full Body Rotation on unilateral stance	MOBILITY-ROTATION	R: keep toes on floor and just abduct/adduct with inside arm;
"Flying Bird:" bilateral shoulder adduction/abduction	STABILITY-MOBILITY COMBO T'AI CHI	Maintain neutral spine; P: add single leg leg squat on flying bird

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