

SHAKTI!

Lawrence Biscontini, MA
 International Spa and Wellness Consultant, Mindful Movement Specialist
 Mission: "wellness without walls™"

I. INTRODUCTIONS

1. Namaste! ("My inner peace salutes your inner light")
2. Gratitude
3. Our Purpose Today: The purpose of Shakti is trifold:
 - a. To give a work-in experience fusing m/b disciplines
 - b. To celebrate non-verbal loving communication
 - c. To apply the concepts of stability and mobility to m/b
4. Resources:
5. Workshop/Masterclass
6. World Class Fitness Conference 2006, Moscow, Russia
7. MMVP
8. The 5 people to consider in every experience:
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.

| |
|------------------------------|
| "Shakti Sign" |
| From the top |
| Put it together |
| O/Re or O/Pr |
| Make it bigger |
| Make it smaller |
| Stay. Do nothing. |
| Watch me |
| Activate pelvic floor & core |
| To this direction |
| Avoid doing THIS |
| This is working well! |
| Come here |
| Move back |
| HOLD the position |
| Find your partner |
| Make it faster |

II. THEORY

1. THE DEFINITION OF SHAKTI:
2. the purist's task and the finger drill
3. ideal mat placements
4. Research: Neurolinguistic Programming (NLP) and books:
 "Communication" defined as "response you get regardless of intention" NLP says communication is only 7% words, 38% tone, and rest body language. "Teaching" defined as bringing about an independent change in behavior or thought.

THEME: _____

A. Yoga (stability)

"Tension is where you THINK you should be; relaxation is where you are."

B. Pilates (mobility)

"All new ideas are revolutionary and when the theory responsible for them is proven through practical application...such revolutionary ideas simply cannot be ignored. They cannot be kept in the background" JP

C. T'ai Chi/Chi Gong (ability)

"He who needs the most can do the best with the least." LT

D. Feldenkrais (awareness)

- ATTEMPTING ANY SERIES WITH EYES CLOSED

"Through awareness we can learn to move with astonishing lightness and freedom—at any age—and thereby improve our living circumstances, not only physically ... but emotionally, intellectually, and spiritually." Moshe Feldenkrais

E. Gyrating Disciplines (twisting)

"Strength and stability through contrast, joint mobility, sensory awareness, and breath integration." Juliu Horvath

F. NIA (celebrating)

Rooted in a somatic (body-based) approach to learning, Nia education is designed to allow students to develop and participate in their own way. The Body is used for exploration, discovery, and sensory-based experience. The Mind is used to focus, witness and direct attention; Emotion is used to create a personal connection to experience, and thus becomes a conduit of body-mind connection; Spirit (that which is unique to a person) is used to recognize personal power, foster self-healing and expand each person's potential.

SALUTATION SERIES:

- **SUN SALUTATION VARIATION:** MOUNTAIN, STANDING BACKBEND, TABLE, WARRIOR #1, PLANK, UPWARD FACING DOG (OR COBRA), DOWNWARD FACING DOG (OR 1/2 DOG), WARRIOR #1, TABLE, STANDING BACKBEND, MOUNTAIN
- **MOON SALUTATION VARIATION:** MOUNTAIN, 1/2 MOON POSE, STANDING BACKBEND, 1/2 MOON POSE, STAR, TRIANGLE, [INHALE GOING TOWARDS] TRIANGLE, MOUNTAIN, ROTATED WARRIOR #1, CHAIR, ROTATED WARRIOR #1
- **EARTH SALUTATION VARIATION:** HERO, CHILD, UPWARD FACING DOG, SHORT EASY PALM, STAFF, FORWARD BENDING PALM (OR INTENSE STRETCH), BRIDGE, SHORT EASY PALM, CAMEL, CHILD, HERO

findLawrence.com

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



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

III. PRACTICAL

Teaching Suggestion for Each Song:

1. Establish breathing technique suggestion.
2. Set up stability.
3. Add mobility
4. Address core.
5. Indicate where sensation occurs.
6. Conclude with your signature move.

WHERE? DISCIPLINE? BREATHING? EQUIPMENT? MOVES?

| | |
|----|--|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |
| 6. | |
| 7. | |
| 8. | |
| 9. | |
| 10 | |

Summary:

Home-Work:

Resources:

Final Take-Home Messages:

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

