

Core: Take It Lying Down

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Mission: "wellness without walls"

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Description



Use the floor to improve your core! This workshop takes postures we usually perform standing and revisits them on the ground for new, empowering ab exercises. Explore traditional and non-traditional standing movements to gain creative insight into standing positions that are perfect for those who prefer floor work. Have standing balance issues? Need new workout options? Don't take it standing up: take it lying down!

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- Functional Performance Stability
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- Kipranj
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- Mastering Social Media
- Moms in Motion
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- Pilates Matwork Small Apparatus
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Introduction

1. Namaste and Welcome
2. Purpose: *explore the benefits of being on the floor*
3. Theme:
4. Ice-Breaker:
5. Format: one-sided workshop
6. Our Journey Today: *seated-supine-side-prone-standing (sometimes on one side only)*

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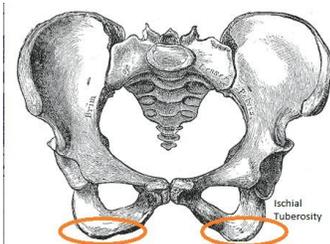
Theory

1. 3 Planes of Movement:
 - a. sagittal
 - b. frontal
 - c. transverse
2. Spinal Health: Yoga, Pilates, and beyond
3. Spinal Warm-Up (ACE, NASM, SCW)

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Seated

1. Seated
 - a. seated long
 - b. seated short
 - c. half seated
 - d. V Sit



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Supine

2. Supine Position Variations and Alignment
 - a. supine long
 - b. supine short
 - c. supine half
 - d. dead bug
 - e. inverted bridge (unilateral, bilateral)

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Side~Lying

3. Side-Lying Position Variations and Alignment
 - a. our mat as our ruler
 - b. no fists
 - c. upper body close to floor
 - d. upper body lifted
 - e. lower leg options



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Prone

4. Prone
 - a. Stuart McGill's work
 - b. arm options
 - c. against gravity
 - d. optional rotation
 - e. precautions
 - f. neck alignment
 - g. ankle alignment

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Practical: Seated

1. Seated Exploration
 - a. TriPlanar Warmup
 - b. Forward Bend for hamstrings
 - c. Forward Bend for spinal erectors
 - d. V Sit (short lever legs) like Chair
 - e. V Sit Tree, V Sit Clam
 - f. Staff Sit ("L deadlift") like Table
 - g. Entire Sun Salutations (A, B)
 - h. Entire Earth Salutations



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Practical: Supine

2. Supine Exploration
 - a. TriPlanar WarmUp
 - b. Mountain/Tall Mountain/Extension
 - c. Yoga Tree (external rotation)
 - d. Dead Bug
 - e. Triangle
 - f. Squats & Lunges (adding rotation)
 - g. Entire Sun Salutations (A, B)



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Practical: SideLying

3. Side-Lying Exploration
 - a. Upper Plank with External Rotation
 - b. Lower Plank
 - c. Kneeling Gate like Half-Moon

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Practical: Prone

4. Prone Exploration
 - a. Extended Mountain
 - b. Sphinx
 - c. Cobra and Twisted Cobra

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Practical: Standing

Standing

- bilateral
- unilateral



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Practical: Standing

Standing Exploration

- TriPlanar Warmup: Sun Salutation (3D)
- Forward Bend for hamstrings/erectors
 - V Sit
 - Staff
 - Mountain/Tall Mountain/Extension
 - Yoga Tree (external rotation)
 - Triangle
 - Squats & Lunges (adding rotation)



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Seated Inspirational Cues

- "imagine your consciousness depends entirely on your connected points with the earth in hips and feet"*
- "welcome and celebrate how you feel in this moment"*
- "summon the stability of your sitz bones"*
- "claim your right to be firm on your pelvis in the front-row seat of your life"*

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Supine Inspirational Cues

- "reach the ends of your body towards your unrealized potential"*
- "imagine your breath making new spaces within the corners of your body"*
- "launch an initiative to explore your contact points with the floor"*
- "spiritually Google® yourself laying on the mat"*
- "gently let your shoulder, hips, and knees marshmallow themselves into the earth"*

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Standing Inspirational Cues

- "stand in both who you are and who you want to be"*
- "get into your feet so you can get out of your head"*
- "allow the highest part of your head to approximate the firmament"*
- "stand in acceptance of the power of presence"*
- "we spread our toes to stand in conviction of consciousness"*
- "if we don't stand for something, we'll fall for anything"*
- "stand with the firmness of gratitude for feet that have carried you to this moment"*

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Wrap-Up

- Summary:
- Homework:
- Resources:
- Final Take Home Message:

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