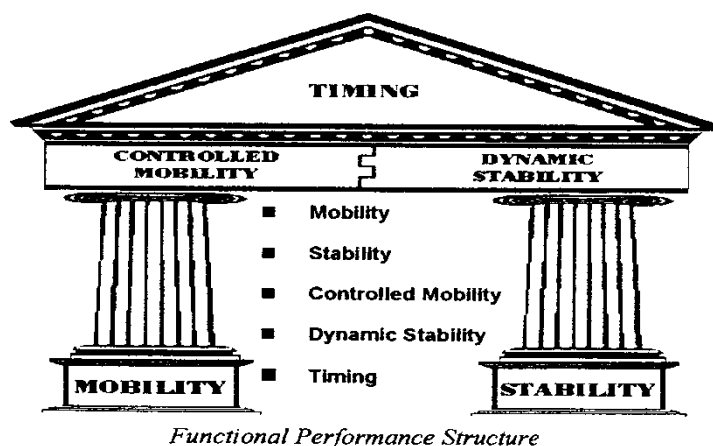


# FLOOR PLAY WITH Tino

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## Course Introductions and Purpose: RU Stability & Mobility Themes

1. Stability:
2. Mobility:



3. Purposes of the Ying Yang Approach: Mind body verses Sports conditioning

## Theory to floor play

**This unique workout that uses both sports conditioning and mind body techniques that will bring your workout to the next level. These two principals are like ying and yang. You will go from traditional yoga and palates sequencing to sports drills that will add increase intensity. This combination will get you centered your core engaged and your heart rate racing while toning your muscles. I.**

### INTRODUCTION

1. Namaste! (My inner peace meets, greets, and salutes your inner light)
2. Tino's Background in London, United States And abroad
3. Our Purpose Today:
4. Where the class came from:
5. Yoga;
6. Pilates
7. Tia chi
8. Feldenkrais; Slouch and recover  
The people who come to our classes...
9. THINKING OUTSIDE OF THE BOX

## Yoga History:

“Tension is where you THINK you should be, relaxation is where you are”

1. You are as young and stable as your spine is mobile...
2. Get into your sitz bone/feet so you can get out of your head...
3. Where your coccyx goes, there too goes your posture...
4. He or she who half breathes, half lives...
5. Try to find three phases of every posture; moving in, maintaining and moving out...

### 6. **Breath:**

- 1. **ujjayi:**

For the complete *ujjayi* technique, stand in MOUNTAIN posture. Place the palm of one hand about two inches in front of the mouth. Inhale deeply through the nose, and exhale through the mouth, imagining that the palm is a mirror you are trying to fog. Notice the sound that comes from the back of the throat. Repeat this inhalation/exhalation cycle until you feel familiar with the “Darth Vader” sound on the exhalation. Close the mouth, inhale and exhale exclusively through the nose, and make the identical sound during the exhalation that begins in the back of the throat, still imagining that you are fogging up the mirror. The mouth remains closed.

Continue the technique in SEATED PALM, noticing the processing of the complete breath with the posture.

## Pilates History:

**“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**

1. **Do as little as possible ,but as much as necessary...**
2. **Control your stability while you add life’s mobility...**
3. **Where your eyes go, there too goes your posture...Lolita San Miguel...**
4. **Activate your core, engage your pelvic floor**
5. **Generally exhale when you execute the concentric phase of the movement...**

**The 7 general benefits this work out will address:**

- increased body awareness
- union of mind , body and spirit
- improved: balance and stability
- muscular flexibility
- muscular strength at joint angles worked
- relaxation
- overall well-being and health

**Yoga moves you will experience:**

- **Yoga push-ups**
- **Hero Pose**
- **Cat/cow**
- **Pigeon/swan**
- **Staff pose**
- **Butterfly/lotus/seated palm**
- **Boat**

**Pilates moves you will experience:**

- **Roll-up**
- **Hundred**
- **The rollover**
- **Scissors**
- **Teaser**
- **Hip circle**
- **Single leg**
- **Rolling like a ball**

Cheat sheet "FLOOR PLAY" With Tino
Warm-up
Squats: with hands
Buddha Squats: with direction /F/IN/F/IN
LEGS
Warrior one /L/R
Lunge with pulse add Buddha
Lunge /Buddha/Curtsey
Triangle pose
Alternate L/R add leg lift
Warrior Two /L/R
Lunge frt/squat/bck
Deep warrior One L/R

Deep lunge L/R speed hands touch hold
Warrior Three=one leg squat
Crow =deep side lunges
Kick back
Forward fold sequence
PLANK Sequence
1,2,3,4=run
SIDE PLANK =Revolving plank
Plank with jack
Side plank =arm moves lateral and vertical (hand weight)
Plank kick thru
Child -stretch
Back Sequence=Swim.)

Pushup to reverse plank  
TRICEPS

PILATES

ABS

CHEST=WITH LEGS

TRICEPS LEGS

BRIDGE

ABS

SHOULDER STAND

COOL DOWN
