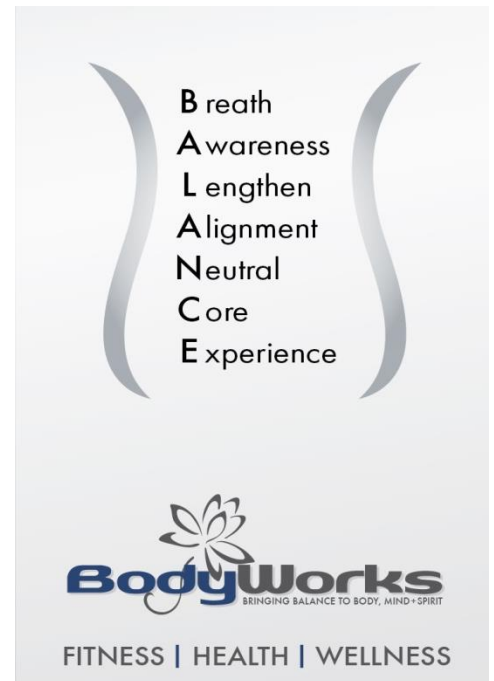


# THE CORE & SO MUCH MORE!

## THE ART OF B.A.L.A.N.C.E.

Are you looking for ways to strengthen your Yoga practice and that of your students? Learning the art of connecting to your core will help you get more in-tuned with the body and, as an instructor, you will learn the art of becoming a skillful thinking instructor infusing functional movement into your classes. This motivating and exciting Vinyasa (flow) fusing the 7 principles of The Art of B.A.L.A.N.C.E, and ANTARAKA/PYFUSION, combining Pilates and Yoga, will connect you to the core of your being, bringing balance to body, mind and spirit.



### **BREATH**

When you combine breath with movement, the impossible becomes possible...Breathing techniques used: The Complete Breath and Lateral Breathing

### **AWARENESS**

“The state or quality of being aware of something”. SENSORY MOTOR AWARENESS vs. SENSORY MOTOR AMNESIA

### **LENGTHEN**

Joseph Pilates believed that ‘we are as old as our spine’.

### **ALIGNMENT**

Body alignment begins with whatever body part is touching the floor; this is our base.

### **NEUTRAL**



KYPHOSIS

LORDOSIS

NEUTRAL



To create a neutral spine in a supine position: Tip back towards floor; create triangle with hands and place as shown. Tip pelvis to bring pelvis to a horizontal position

### **CORE STABILITY**

A person’s ability to stabilize their core; an ability to control the position and movement of the core.

### **EXPERIENCE**

Every practice should be your own experience; what you’re feeling physically, emotionally and energetically

## **POSTURE – NEUTRAL SPINE**

To be aligned within the body, one must be balanced at our base, the feet. If our feet are out of alignment, this imbalance will continue up through our entire body affecting the joints and the spine, and the way we carry ourselves.

1. Feel the weight evenly through the balls of the feet and heels
2. Visualize lifting the arches by tightening the muscles that run up the sides of your legs (these create a “hammock’ in the centre of the bottom of the foot)
3. Lift your knee caps by tightening your thighs and squeeze up through the inner thighs
4. Visualize your pelvis as a bowl of water; don’t tip to the front (Lordosis) or to the back (Flexion)
5. Pull belly button in/up towards rib cage (don’t move your spine); create space between ribs and hips
6. Visualize your rib cage as a box; it should sit evenly over the bowl (water)
7. Lift collarbones and slide shoulder blades down back, latching them forward into place around the armpits.
8. Lengthen the back of neck (ears in line with shoulders)
9. Imagine a string coming out of the crown of your head pulling you upward helping to create space between all your joints.

### **THE PRACTICE:**

**Neutral -> Breath -> Tilt -> Bridge**

**Windshield Wipers**

**All 4s Protraction/Retraction -> Abdominal engagement } x2**

**Downward Dog ->High Plank**

**Cat/Up Dog/Child’s Pose x3**

**All 4s Thread the Needle x3 L I, (arm) II,(leg) III, (combo) IIII (Head/arm down)**

**Child’s Pose**

**All 4s Thread the Needle x3 R I, (arm) II,(leg) III, (combo) IIII (Head/arm down)**

**Lazy Stretch**

**Tadasana (Mountain Pose) = Posture**

**Sun Salute x4: Chair Pose, Forward Fold, Half Forward Fold, Forward**

**Fold, Plank, Four-limbed Staff Pose, Up Dog, Down Dog, High Crescent**

**Lunge, Twist, Forward Fold, Tadasana**

**Tree Pose R & L**

**Right Foot Forward: Warrior II taking off sweater x3 -> Wrist extension x5**

**Side Angle Pose**

**Triangle Pose**

**Warrior I up/down x3 -> Revolved Crescent Lunge R -> Hands to floor**

**Plank -> Side Plank R**

**Down Dog -> Walk the Dog -> Side Plank L -> Low Crescent Lunge with**

**Left foot forward -> turn Right foot and stand into Warrior II**

**Warrior II taking off sweater x3 -> Wrist extension**

**Side Angle Pose**

**Triangle Pose**

**Warrior I up/down x3 -> Revolved Crescent Lunge L -> Hands to floor**

**Plank -> Side Plank L + arms x4 -> Child's Pose -> Plank -> Side Plank R + arms x4**

**Seated -> Boat Prep -> Boat Roll -> Boat x3**

**Knee Pushes Neutral -> Pendulum + circles (optional)**

**Sweet Spot R -> Seated X-leg over L (hamstring) -> Twist**

**Sweet Spot L -> Seated X-leg over R (hamstring) -> Twist**

**Swan R -> Lying Quad Stretch L -> Down Dog -> Swan L -> Lying Quad Stretch R**

**Savasana**



Rhona has followed her love and passion for helping others by developing and teaching fitness and yoga programs for over 22 years. She is a highly accomplished National Bender Ball Master Trainer and loves teaching a variety of classes. Rhona has mentored many instructors as well through teaching CEC and Yoga Alliance approved workshops and is currently teaching her 20-hour Antaraka (core)/ Pylfusion course nationally. As an author, entrepreneur, Life Coach, a student of the Mind, Body & Spirit theory, and an internationally recognized Yoga Instructor, Rhona “lights up” guiding and instructing others to live their best life.

When not travelling presenting workshops, Rhona teaches group fitness, Yoga and Pilates classes. She is a Pylates (Pelvic Floor Pilates) Instructor and a Personal Trainer. Rhona lives her truth by balancing her dedication to her career and clients, and her devotion to her family.

Presented to you by: ***Rhona Parsons CPT, E-RYT500, YACEP (w) [www.rhonaparsons.com](http://www.rhonaparsons.com)***

***“Thank you for attending; please contact me if you have any questions: (e) [rhona@rhonaparsons.com](mailto:rhona@rhonaparsons.com)***

