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Introduction



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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. Theme:
6. Format: Workshop
7. Our Journey Today: *seated-supine-standing*

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Theory

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

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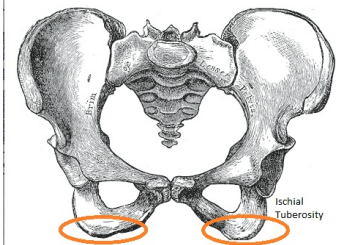
Theory

1. Seated Position Variations and Alignment
 - a. seated long
 - b. seated short
 - c. half seated
 - d. V Sit
2. Supine Position Variations and Alignment
 - a. supine long
 - b. supine short
 - c. supine half
 - d. dead bug
 - e. inverted bridge (unilateral, bilateral)
 - f. inversion suspended

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Theory

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



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Theory

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

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Theory

3. Standing
 - a. bilateral
 - b. unilateral



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Theory

- 1..
- 2..
- 3..

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Practical

1. Seated Exploration
 - a. TriPlanar Warmup
 - b. Forward Bend for hamstrings
 - c. Forward Bend for spinal erectors
 - d. V Sit (short lever legs)
 - e. Staff Sit ("L deadlift")
 - f. .
 - g. .



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Practical

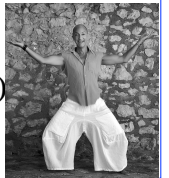
2. Supine Exploration
 - a. TriPlanar WarmUp
 - b. Mountain/Tall Mountain/Extension
 - c. Yoga Tree (external rotation)
 - d. Dead Bug (auditory, kinesthetic cues)
 - e. Triangle
 - f. Squats & Lunges (adding rotation)
 - g. Sun Salutation



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Practical

3. Standing Exploration
TriPlanar Warmup: Sun Salutation (3D)
 - a. Forward Bend for hamstrings/erectors
 - b. V Sit
 - c. Staff
 - d. Mountain/Tall Mountain/Extension
 - e. Yoga Tree (external rotation)
 - f. Triangle
 - g. Squats & Lunges (adding rotation)



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Cues

1. 3-in-30 Rule
2. 3D VAK Cues: *Visual, Auditory, Kinesthetic*
3. Types of Cues
 - a. habitual
 - b. inspirational

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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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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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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

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Wrap~Up

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Wrap~Up

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Wrap~Up

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

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