

BEAMING S³: S.S.S.: SOULFUL SOLEFUL SYNERGY

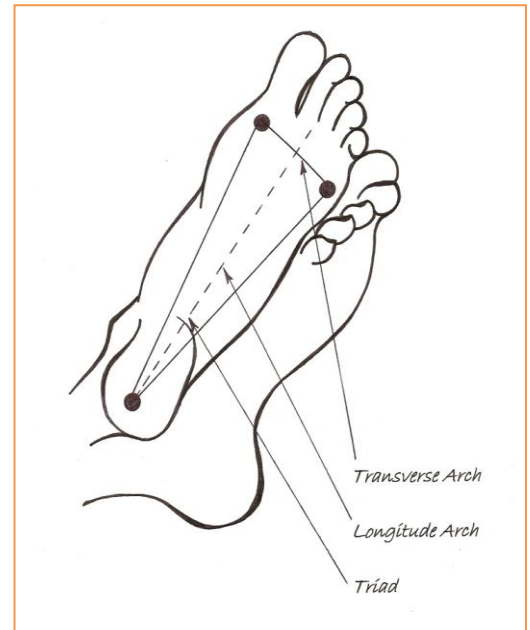
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International Spa and Wellness Consultant
Mission: “wellness without walls™”

I. INTRODUCTIONS

1. Nāmas̥te! (“My inner peace meets, greets, and salutes your inner light”)
2. Gratitude
3. findlawrence.com, beamfit.com, L’s Background, and the Scholarships
4. Our Purpose Today: (stability and mobility and their *interdependence*)
5. Resources/Equipment:
6. Workshop/Masterclass
7. Our blends fuse:
8. Theme:

II. THEORY

1. History of Beaming
2. What “balance” really means
3. The Sensual Approach to Wellness
4. Meet the Beam
5. Why INLINE is functional: the dollar bill
6. Using the driste/vision in mind-body
7. The techniques and the Positions
8. Theory behind barefoot training
9. The 8 Beaming Principles
RELEASING
CENTERING
CONTROLLING
CONCENTRATING
GROUNDING
PRECISION
FLUIDITY
CONNECTING
10. Our disciplines



What is Beaming™?

Beaming™, in part, is a Fitness Program; however **Beaming™** imparts a pro-active strategy incorporating the physical with the experiential aspects of ones existence. **Beamfit™** is the first organization in the fitness industry to develop and mainstream the concept of The **B.E.A.M Method** (**B**alancing **E**xperiences with **A**ctivity to **M**otivate life change) which introduces to the participant a more holistic approach to the outcome of workout participation and the impact it can have on a their daily life beyond the workout environment.

Through the **Beaming™** experience, we strive to raise an individual’s overall awareness of all the aspects in his or her life, by paying close attention to breath, sense and sensory stimulation as well as lifestyle application – offering a unique and innovative program model. The IMMEDIATE response from the sensory system makes one more effective at “committing to task with focus” coupled with the consistent feedback from the beam to the body to continually challenge these systems. In **Beaming™** it is the IMMEDIATE and consistent adjustments that have to be made, allowing one to not only be focused but giving him or her the ability to adapt to change and adapt successfully in everything he or she does.

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The acronym **B.E.A.M.** stands for three interrelated concepts which tie together to form the foundation of the philosophy, mission and programming intent.

- 1) When referring to the **Physical ACT** of **Beaming™**.....this is **BODY**
 - **B**alance your body
 - **E**ngage your core
 - **A**lign your spine
 - **M**ove your body

- 2) When referring to the **Emotional OUTCOME** of **Beaming™**....this is **MIND**
 - **B**alance.....In all areas of one's life leading to a more centered and fulfilled existence.
 - **E**levating self-esteem and confidence
 - **A**ccomplishment and realizing self-potential
 - **M**otivation while improving physical health and fitness

- 3) When referring to the **overall EXPERIENCE**this is **SPIRIT**

Balancing
Experiences with
Activity to
Motivate life change

A Blending of Mind-Body disciplines

Yoga is about **Stability**.....

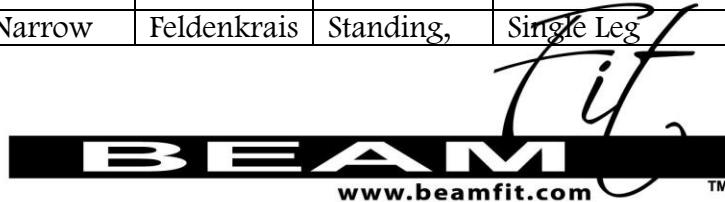
Pilates is about **Mobility**....

Tai Chi is about **Ability**....

Beaming™ is about **Applicability**....

III. PRACTICAL

S/M	Approach	Discipline	Position	Movement	Focus + Purpose
AWAKEN AND ALIGN					
Stability	Narrow Side	Yoga	Chair	Squat	Stability awareness, toe fans and foot awareness, hip awareness, shoulder awareness, balance, heel raises, toe raises, warm- up for legs, "foot sweeps," Concentration
Mobility	Wide Side	Chi Gong	Standing, externally rotating legs	Gather & Sink the Chi	Preparing the body w/energy, squatting, Centering
Stability	Narrow	Feldenkrais	Standing,	Single Leg	Full body scan,



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	Side		with weight shifts to each leg	Stand	leaning body, Controlling
Mobility	Wide Side	Chi Gong	Standing	Separating Heaven and Earth	Weight shifting, leg warm-up, balance
EXPERIENCE & EXPLORE					
Stability	Narrow or Single Leg Front to Wide Side	Yoga	Standing	Eagle Leg Prep, then Vinyasa of Eagle + Warrior 1 (high and low) + Warrior 2	Dynamic balance, Fluidity. Regression: arms low/airplane and back knee remains on BEAM
Mobility	Wide Side	T'ai Chi	Standing	Legs: Rock Steps and Arms: Parting the Horse's Mane	Inner thigh stretch, balance, Connecting (upper + lower body)
Stability	Narrow Front	Yoga	Standing, Single Leg	Bilateral Chairs and Unilateral Storks	Balance, Dynamic Leg Strength, Grounding
Mobility	Narrow Front	Chi Gong	Squatting	Lotus + Big Bear Sits in Chair with dynamic "foot sweeps" and optional neck rotations	Dynamic Leg Strength
Stability	Wide Side	Yoga	Standing	Triangle	Total side stretches, Precision
Mobility	Wide Side	T'ai Chi	Wide Stance to Single Leg	Carry the Lantern + Rooster Stands on 1 Leg	Dyanmic balance, Precision, Fluidity
Stability	Narrow Front + Wide Side	Yoga	In-Line Kneeling + Wide Kneeling	1. Linear Pigeon Pose with options + 2. Gate Pose	Glute stretches, balance, Inner thigh & quadratus lumborum stabiliz. work

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Mobility	Kneeling Side	Chi Gong	Kneeling	Windmill + Child (wrists decompression)	Dynamic frontal plane core work; Concentration to lower with the breath (Option: cycle Gate with Windmill.
Stability + Mobility	Narrow Side and Narrow Front	Yoga	Standing	8 Pose Beam Salutation 2 Ways/Positions	Stability and Mobility: Chair, Warrior, Plank, Up Dog, Down Dog, Plank, Chair, Mountain
Stability	Kneeling on Floor	Feldenkrais	Quadruped on Floor	Beam Across Back + "Slouch and Recover"	Neutral Spine
Mobility	Spine parallel to Beam	Yoga + T'ai Chi	Side-lying	Bow and Arrow in Side Plank	Shoulder rotators, spine stabilizers
Stability	Spine parallel to Beam	Yoga	Prone	Balancing Bow, Cobras	Spinal Extension with adductor + postural work
Stability	Straddle	Yoga	Seated	Hero Pose	Straddle with different positions
Stability	Spine parallel to Beam	Yoga	Supine	Bridge + Candle	Upper Core Work + Abs
Mobility	Spine parallel to Beam	Yoga + T'ai Chi + Pilates	Supine	Crunch, Supine Child, Teaser	Abs, Shoulders
REJUVENATE & REFRAME					

Summary:

Home-Work:

Resources:

Final Take-Home Messages:

Other Beamfit® Sessions/Programs:

