



www.Beamfit.com

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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.

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**....

Beaming™ is done:

- ✓ Barefoot
- ✓ In an intimate environment
- ✓ In a small group
- ✓ With Mind body music set at 100 BP
- ✓ With a new mindfulness
- ✓ To raise awareness

The 8 Principles of Beaming™

The eight (8) specific principles of **Beaming™** holistically unite the balance challenges to help the participant connect to the body for more economically efficient movement skills as well as increased accuracy of foot strike leading to improved quality of movement. .

Release Centering Control Concentration Grounding Precision Fluidity Connection

Segments of the Beaming™ Workout

Awaken and Align , Experience and Explore, Rejuvenate and Reframe

Foundational Beaming™ “Balance Challenges”

- Basic Split Stance
- Triad Roll
- Beam Bounce
- The Lift Series
- The Squat Series
- Quick Step
- Slide Step
- Bounce Kick
- Mambo Series
- Swing Step
- Moving Balance Series
- Flying Lunges