Barre X Yoga



#### EDGE YOGA SCHOOL mind body academy

Barre. Core. Yoga

What is Barre?



Barre is commonly known as Standing Pilates.

The centerpiece of this discipline is to initiate the movements from the core with an element of dance. Choose your music based on BPM to set the pace.

Allow each practitioner time and space to personalize their experience.

¥ Key Concepts

Upper & Lower Bodywork
Navigating Bar Position
Teaching a Linear Class
Offering Modifications
Cues vs Qualities
Segment Design

What is Pilates?



Pilates was created by Joseph Pilates to help rehabilitate injury.

The concept that a strong core results in a healthy body drives this practice.

There are ten traditional Pilates exercises, known as the Pilates Ten.

🗑 Key Concepts

The Pilates Ten
Protecting the Cervical Spine
Props
Modifications
Sequencing Tips
Create a Class



What is Yoga?



Yoga approaches movement from the breath. This connection sets yoga apart from other disciplines.

Be sure to create an all-levels class for your practitioners. Integration of cues, qualities, and modifications is key.

Offer yoga in snippets to allow your practioners to experience mastery.



Cues
Qualities
Modifications
Apex Centered Class
Create a Snippet
Yoga for warm-up & cool-down



Barre Sequence



# Pilates Sequence

Yoga Sequence



Barre Snippet I M  $\sim$ 



# Barre Snippet II ~~~~~

# Barre Suippet III

Pilates Snippet I ~~~



# Pilates Snippet II M

# Pilates Suippet III

Yoga Snippet I  $\sim$  $\sim$ 



# Yoga Snippet II mm

# Yoga Snippet III M

Snippet I





# Snippet II ~~~~

Snippet III

 $\sim$ 

Snippet I





# Snippet II ~~~~

Snippet III

 $\sim$ 

### Mountain





### CHAIR



#### CHAIR RELEVES











#### DIAMOND PLIE



#### DIAMOND RELEVE





M O





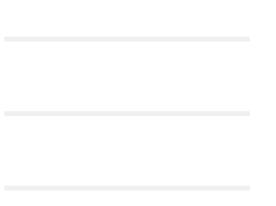


#### ATTITUDE BACK



#### ATTITUDE BACK PLIE







#### Releve Reach





#### SIDE CRUNCH



#### Crunch Hold





### WIDE PLIE





# LUNGE



#### WIDE PLIE



rn Lu

# Knee Bend Front





#### LEG ABDUCT



### LEG REACH BACK



180 Knee Beng

### WIDE PLIE RELEVE





#### WIDE PLIE RELEVE R/L



#### WIDE PLIE RELEVE BOTH





# Knee Bend Front





#### LEG ABDUCT



#### Knee Bend Descend



15eu

### CHAIR SWEEP RELEVES





#### CHAIR SKY RELEVES



#### CHAIR RELEVE PULSES





### TOE LIFTS





# TOE TAPS



#### HEEL/TOE





#### Brush Front



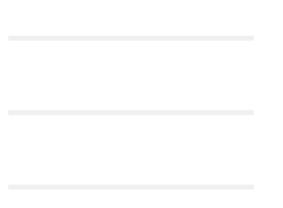


# Brush Side



#### Brush Back













### Side Hover



#### STEP BACK





# Front/Side/Front



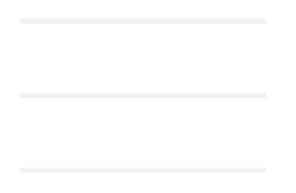


#### SIDE/BACK/SIDE



### Front/Back/Front







# Slide Toe to Knee





#### Point Forward



#### POINT SIDE



MPP, M 1 out







## Box Side



#### BOX BACK





# ARABESQUE RIGHT



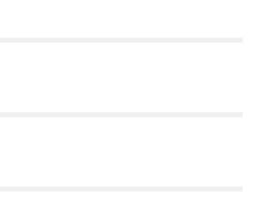


#### MOUNTAIN



#### ARABESQUE LEFT







### TRICEP PUSHUP





#### TRICEP HOLD



#### Elbows Wide



