

# 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

1. Upper & Lower Bodywork
2. Navigating Bar Position
3. Teaching a Linear Class
4. Offering Modifications
5. Cues vs Qualities
6. Segment Design

*Part One - Barre*

# 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

1. The Pilates Ten
2. Protecting the Cervical Spine
3. Props
4. Modifications
5. Sequencing Tips
6. Create a Class

Part Two - Pilates

# 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 practitioners to experience mastery.

## Key Concepts

1. Cues
2. Qualities
3. Modifications
4. Apex Centered Class
5. Create a Snippet
6. Yoga for warm-up & cool-down

*Part Three - Yoga*



*Barre Sequence*



*Pilates Sequence*



*Yoga Sequence*



*Cheat Sheet*

Barre Snippet I 

Barre Snippet II 

Barre Snippet III 

Barre Worksheet



Pilates Snippet I 

Pilates Snippet II 

Pilates Snippet III 

Pilates Worksheet



*Yoga Snippet I*



*Yoga Snippet II*



*Yoga Snippet III*



*Yoga Worksheet*



*Snippet I*



*Snippet II*



*Snippet III*



*Warm-Up Worksheet*

*Snippet I*



*Snippet II*



*Snippet III*



*Cool-Down Worksheet*

# MOUNTAIN



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# CHAIR



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# CHAIR RELEVES



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*Chair Pulses*

# DIAMOND LEGS



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# DIAMOND PLIE



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# DIAMOND RELEVE



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*Diamond Legs*

# ATTITUDE



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# ATTITUDE BACK



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# ATTITUDE BACK PLIE



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*Attitude*

# RELEVE REACH



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# SIDE CRUNCH



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# CRUNCH HOLD



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*Standing Crunches*

# WIDE PLIE



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# LUNGE



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# WIDE PLIE



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*Plie Turn Lunge*

# KNEE BEND FRONT



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# LEG ABDUCT



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# LEG REACH BACK



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*180 Knee Bends*



# WIDE PLIE RELEVE



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# WIDE PLIE RELEVE R/L



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# WIDE PLIE RELEVE BOTH



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*Heel Releves*

# KNEE BEND FRONT



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# LEG ABDUCT



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# KNEE BEND DESCEND



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*90-Degree Knee Bends*

# CHAIR SWEEP RELEVES



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# CHAIR SKY RELEVES



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# CHAIR RELEVE PULSES



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*Chair Releves*

# TOE LIFTS



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# TOE TAPS



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# HEEL/TOE



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*Foot Work*

# BRUSH FRONT



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# BRUSH SIDE



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# BRUSH BACK



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*Brushes*

## LAUNCH UP



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## SIDE HOVER



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## STEP BACK



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*Abductions*

# FRONT/SIDE/FRONT



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# SIDE/BACK/SIDE



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# FRONT/BACK/FRONT



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*Circles*

# SLIDE TOE TO KNEE



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# POINT FORWARD



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# POINT SIDE



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*Balance Work*



## BOX FRONT



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## BOX SIDE



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## BOX BACK



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*Box Work*

# ARABESQUE RIGHT



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# MOUNTAIN



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# ARABESQUE LEFT



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*Arabesque*

# TRICEP PUSHUP



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# TRICEP HOLD



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# ELBOWS WIDE



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*Plank Series*