

Stretch Fusion DVD - Choreography Notes by Laurie Denomme

SECTION I

Center stance

R arm tai chi circle x 8

Double arm circle x4

L arm tai chi circle x 8

Double arm circle x4

Alternate left & right tai chi circling

Circling in 3s – add 2 double sweeps (2x)

**Circling in 3s add step together – scooping arms by sides to balance

Eagle Pose

Open arms out to side (palm up) push heel back & down (turn palm down)

Airplane pose (warrior 3) with circling at the wrist (control spinal alignment with strong abdominals – sit back for hamstring stretch in supporting leg)

Drop leg down to lunge (wide base) back heel down facing out to the side 90 degrees – big arms out/in pec stretch

Extend one arm up (palm in) and one behind (palm down) “sun warrior” = back arm ant/post deltoid swing OR bend at elbow if that is too much to maintain balance

Step feet together shoulder width apart

Forward twisting bend (standing spinal twist) – back of right hand to thigh of left leg other arm extends above (palm away from body) Legs wide - repeat other side

Roll up to standing position

**REPEAT

Inhale-Half Moon –abduct right leg & let float to the surface for an inner thigh stretch; abduct both arms to sides; lean away from the abducted leg = draw knee to chest

Exhale- push leg directly behind arms to sides palms sculling for balance allow buoyancy to push leg to surface for hip flexor stretch

Inhale-Draw knee up in front sitting deep into supporting leg & spinal flexion

Exhale-Leg extends for hamstring stretch open the chest sitting even deeper into the supporting leg

REPEAT on same leg 3x – other side same thing

SECTION II

Alternate right & left reverse circling pulling into the chest

Stand in Center stance position – swing arms forward & back anterior / posterior deltoid stretch

Sun Salutation Modified Series

Inhale-Mountain pose (feet should width apart or more)

Exhale-Sit deep into the legs

Inhale-come half way up open the arms for a pec stretch

Exhale-Sit back on both heels with sculling arms for gastroc stretch

Inhale-roll body up/roll shoulders back/scoop arms overhead &

Exhale-Warrior I with arms beside ears palms squeeze together

Inhale-release back heel & push off

Exhale-Airplane pose

Inhale-hold airplane

Exhale-Camel pose = hands on hips/tail bone tucked/pec stretch

Lead with each side 3x each

Stand in Center stance position – swing arms forward & back (feet together)

Flexion / extension of trunk

Add step to the side to keep the body warm

2x flexion/extension of trunk

***I-right knee to chest “cat stretch”

E-Extend right heel in front – open the chest & lift torso

REPEAT x8

flexion / extension of trunk feet wide - 2x

Add knee to chest – extend leg in front

Alternating with flexion/extension of spine x6

*last one I-knee in/E-hold knee

Figure 8s – small – get larger

Tree pose – arms out for balance or overhead palms press to the sky, hip external rotation

Open up from pose – abduct leg & lean

Turn to side of extended leg for hamstring stretch

Figure 8s – larger now – Add turning in circle 2x

Gluteal seated stretch

***REPEAT on left

SECTION 3

Center stance – hold your chi ball “energy ball” (fast then slow)

Figure 8s with arms holding chi ball

Figure 8s in 3s add step behind (step 3 feet back & only slight cross behind)

Figure 8s in 3s add step behind – hold & overhead stretch

****Squat with palms up (half tempo – up 2 down 2 cts)

Squat add lift

Step into Warrior II – arm of bent leg circles in (4 cts) and out (4 cts)

Circle arm in – step to the side 4 to right

Circle arm out – lean into warrior

On last step hold posterior deltoid stretch

****REPEAT on left

Right Triceps stretch – option to swing left leg

Hold leg for quad stretch arm sculls at surface

Step 3-4 feet wide – turn toe out

Side Angle Pose

Release heel turn to side of bent knee – hip flexor stretch & wrist flexor stretch

REPEAT on left

Center stance position

I- lift palms to surface

E – Push palms to front & squat

I- pull palms in

E-push palms to sides REPEAT 3x

ADD – Hold palms in front facing in = Upper back stretch

ADD – Hold palms in front facing in = Lower back stretch

Release arms to sides

Place left arm 90 degrees – right arm pendulum swings behind

Hold right arm straight behind body & keeping left arm bent at 90 degrees grabs wrist of right arm with slight pull down; look to the side & drop the chin

REPEAT on other side

Alternate arms swinging behind the body