

# Full Circle...The strength of Boot Camp and the power of Yoga.



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# Class Description:

## Full Circle

Embody and unleash the physical and ageless powers of the Four Directions: North, South, East and West. Power Vinyasa Yoga infused with seamless bouts of athletic training in dynamic movement patterns that work your body and mind collectively in a beautiful circular full range of motion and emotion. Come Full Circle to create your very best body.



# Class Outline: East

- Sunrise incorporating the element of air
- Focus on the upper body especially arms
  - Warm up
  - Breathing deeply
  - Traditional fitness warm up moves into parts of Surya Namaskar (Sun Salutation)
  - Chaturanga, Dolphin and Northstar Push-up are highlighted



# Class Outline: North

- Stability and the element of Earth and tapping into the knowledge of the body
- Focus on the lower body especially legs
  - Warrior postures
  - Learning to build strength from the ground up
  - Feeling strong, stable legs while jumping in plie squats and hill climbers
  - Maintaining a connection to the earth



# Class Outline: West

- Sunset and the element of Fire
- Focus on the power of the core and plyometrics
  - Strong plyometric work
  - Getting ‘fired up’
  - ‘Fire in the Belly’
  - Strong core work
  - Putting the sun to bed - sunset



# Class Outline: South

- Fluidity and the element of water
- Focus on the spine and the back body
  - Yin style postures
    - Long slow deep holds
  - A sense of letting go and relaxing
  - Bridge pose
    - Crossing the bridge from the physical
  - Savasana
    - Final guided relaxation, with visualization of the power of the 4 directions

# Program Design

Exercise	Progressions	Notes
1. Plie' Stance - Full Circle Arms	Inhale arms up, exhale arms down, spinal rolls	Warm-up body, discuss breath, and the warming up of the spine.
2. Step Tap	Arm across the chest, arm by ears, & airplane arms	Use fluidity in arm swings exploring ROM
3. Plie' Stance – Full Circle Arms	Hip shifts, rib cage isolations, full circle arms and reach – alternate sides	Side body and free movement in the rib cage
4. Lateral Lunge	Shift weight side to side, shoulder rolls from small to big with arm extension, push water center of body, push water below hips, center of body, over head, PLIE' SQUAT holding move	Hinge at hips and shift weight from side to side, & explore shoulder ROM.
5. Chair Pose Squat	Squat – Lunge – Squat – Stand alternating legs, Pulse	Feet together with biceps by ears, & spiral arms open.



# Program Design (cont)

<b>Exercise</b>	<b>Progressions</b>	<b>Notes</b>
6. Forward Fold	Inhale arms up, exhale forward fold, inhale extend the spine, step back to plank, come to knees for table top	Explore breath and length of spine
7. Table Top	Cat Cow tilts, Spinal balance, awkward airplane	Keep breath involved and activate the core and upper body strength and stability
8. Power Kryia	Namaste on knees, inhale, exhale hands in namaste, inchworm, updog, child' s pose - repeat	Activate the breath with meditation
9. Side Knee Crunch	Same hand as knee on ground arm long, crunch outside knee to same elbow performing an oblique crunch	Open hips
10. Power Kryia	Namaste on knees, inhale, exhale hands in namaste, inchworm, updog, child' s pose - repeat	Activate the breath with meditation





# Program Design (cont)

<b>Exercise</b>	<b>Progressions</b>	<b>Notes</b>
9. Side Knee Crunch	Same hand as knee on ground arm long, crunch outside knee to same elbow performing an oblique crunch	Open hips
10. Dolphin Push-up	Downward Dog hold come down to forearms and back up to palms	Keep shoulders rolled down and back
10. Plank Lunges	Outside of each hand alternating – Switch lunges with power, Step or jump to stand	Open hips, option to do this on knees
11. Vinyasa	Inhale, exhale, forward fold, extend the spine, step or jump back to plank, chaturanga, updog, downward dog	Repeat vinyasa incorporating breath
12. Northstar Push-Up	Repeat on both sides, progression to one arm, resting in Downdog	Progression is optional



# Program Design (cont)

Exercise	Progressions	Notes
13. Downward Dog	Lift right leg behind and swing leg through to Warrior 2, exalted warrior, extended side angle, scoop up arm, side crunches, forward fold circles, change directions, reach arms center above head	Transition from East to North and float between exalted warrior and extended side angle
14. Temple Squat	Plie Squat, small jumps, big jumps with heel clicks	Progression of plyometrics
15. Vinyasa	Inhale, exhale, forward fold, extend the spine, step or jump back to plank, chatarunga, updog, downward dog to stand – Mountain Pose	Start to add in plank push-ups – 5 each time through
16. Trackstar	Warrior 3, Floating Warrior, standing splits, Balancing curtsy, Stand, Vinyasa	Use core and progress addition of knee and balance



# Program Design (cont)

<b>Exercise</b>	<b>Progressions</b>	<b>Notes</b>
17. Trackstar	Warrior 3, Floating Warrior, standing splits, Balancing curtsy, Stand, Vinyasa	Use core and progress addition of knee and balance
18. Connect Earth to Sky – Shooting Star	Squat Thrusts, Mountain Climbers, Jump legs wide, circle arms around change directions	Maintaining a connection in the core and to the earth
19. Warrior 2	Left leg forward and right leg back, exalted warrior, extended side angle, side body crunches, circle down to floor, plank, downward facing dog	Transition to <b>West</b>

# Program Design (cont)

Exercise	Progressions	Notes
20. Core Roll	Transition from Down dog, table top to seated with core roll, Rock the Boat, table top, downward dog to standing	Core power to create FIRE in the belly
21. Skater progression	Add plyo – step touch	Land softly, progression is optional
22. Parallel skiing	Add plyo and timing change – step touch	Land softly, progression is optional
23. Squat chop	Alternating knee raise	Sit into heels and chop arms across the body
24. Lateral Lunge	Circle Lunge and Reach, Balance and leg extension	One side only
25. Tree	Willow, mountain	The wind blows, use core and strength in lower body to hold
Repeat steps 21 – 25 starting with opposite leg		

# Program Design (cont)

Exercise	Progressions	Notes
26. Vinyasa	Inhale, exhale, forward fold, extend the spine, step or jump back to plank, chaturanga, updog, downward dog to stand – Mountain Pose	Start to add in plank push-ups – 5 each time through
27. Rock and Roll Plank	Rock hips side to side with arms extended, pike hips, come down to forearms repeat hip rock and pikes and come back to hands	Repeat series as many times as possible
28. Table Top	Cat Cow tilts, child' s pose	Activate belly
29. Side Arm Plank	Left Arm first, Stack hips and lift top leg if possible, table top, cat cow tilts – Side Arm Plank on Right arm – repeat above	Transition to <b>SOUTH</b>
30. Lotus	Facing South, rotation to left and right	Long spine



# Program Design (cont)

<b>Exercise</b>	<b>Progressions</b>	<b>Notes</b>
31. Table Top	Downward dog, leg raise, open hip and bend knee, swing leg through, come to knee on back leg, hip flexor stretch, pigeon progression and hold – Repeat from Down dog for other leg	Restorative stretching – holding poses with breath
32. Table Top	Seated lotus to back, knee to chest, hamstring, rotation, repeat other side	Active stretching
33. Bridge	Bilateral, unilateral, Cannonball	Cross the bridge to relaxation
34. Savasana	Guided meditation	Circle reference discussing directions and life



# Wrap – up and Questions

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- Questions?