

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



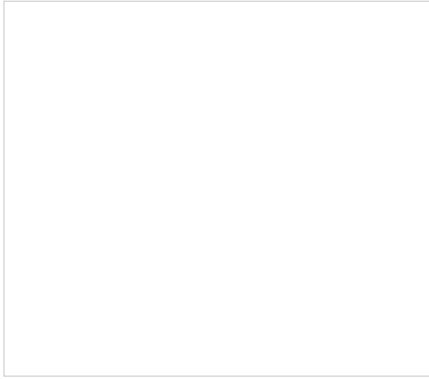
Snippet III



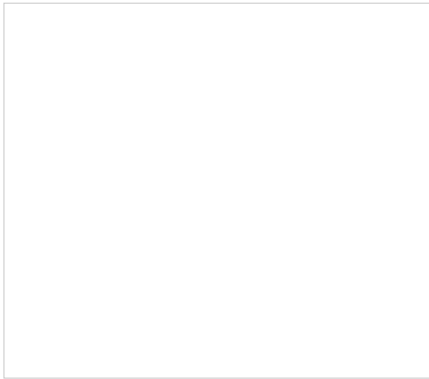
Cool-Down Worksheet



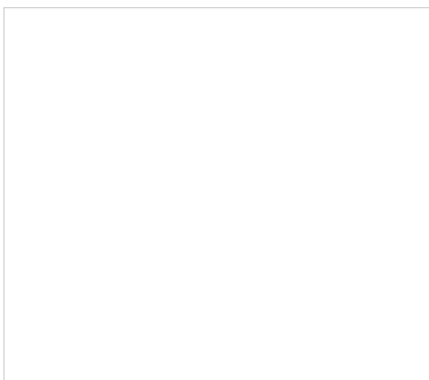
MOUNTAIN



CHAIR



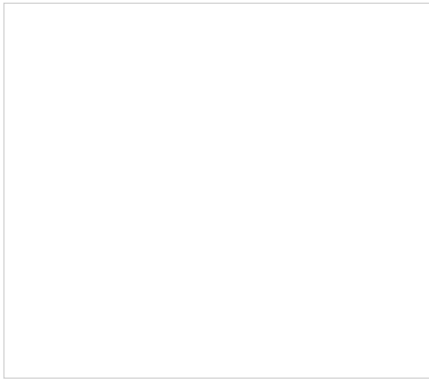
CHAIR RELEVES



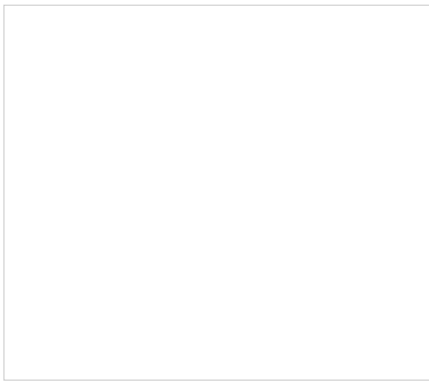
Chair Pulses



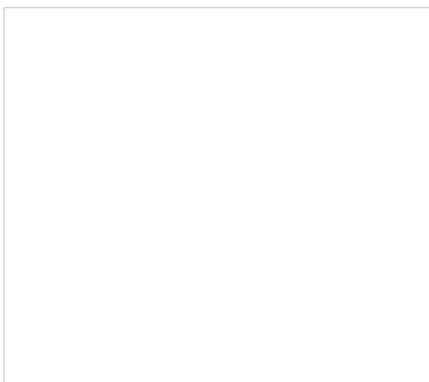
DIAMOND LEGS



DIAMOND PLIE



DIAMOND RELEVE



Diamond Legs



ATTITUDE

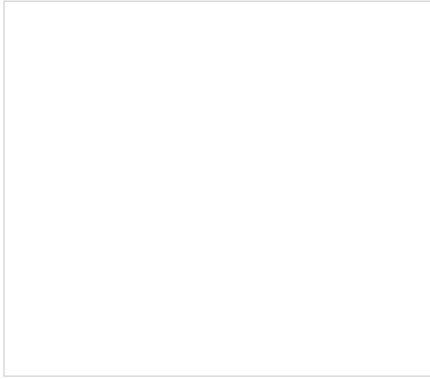
ATTITUDE BACK

ATTITUDE BACK PLIE

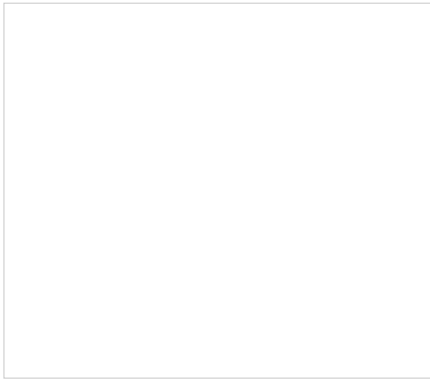
Attitude



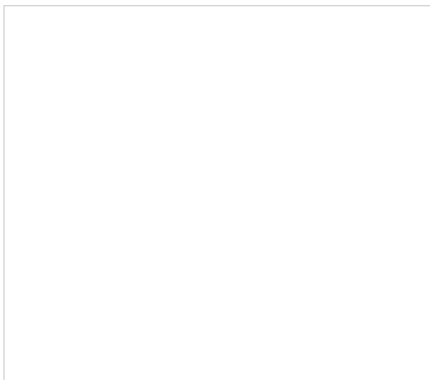
RELEVE REACH



SIDE CRUNCH



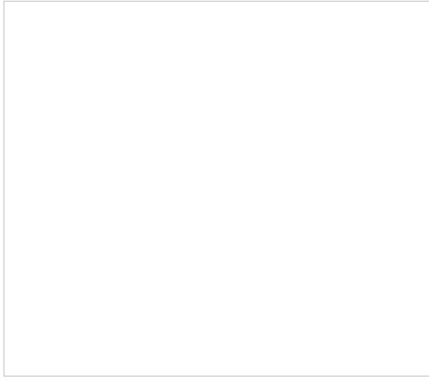
CRUNCH HOLD



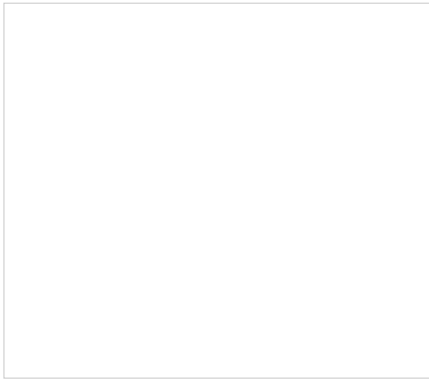
Standing Crunches



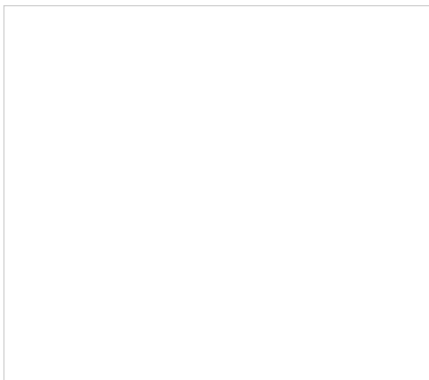
WIDE PLIE



LUNGE



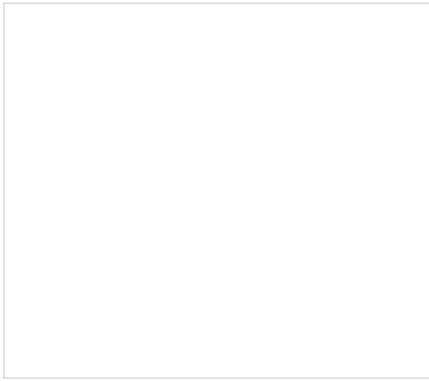
WIDE PLIE



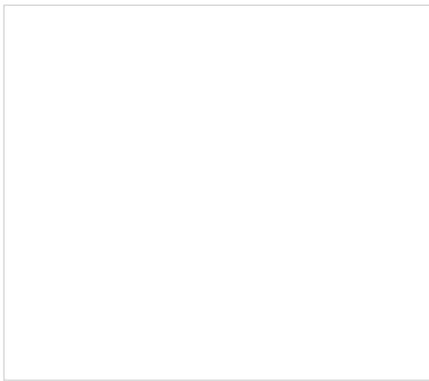
Plie Turn Lunge



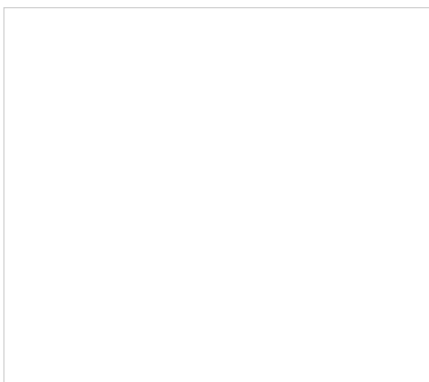
KNEE BEND FRONT



LEG ABDUCT



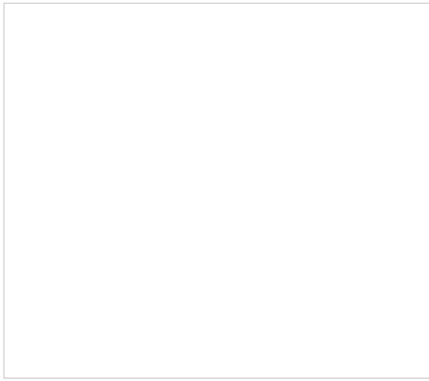
LEG REACH BACK



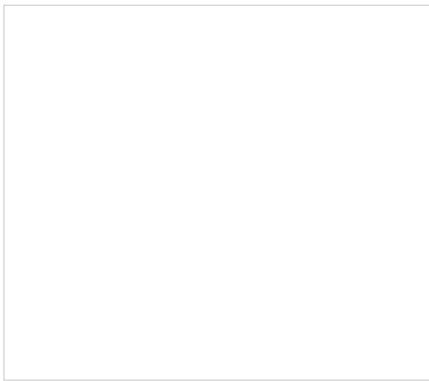
180 Knee Bends



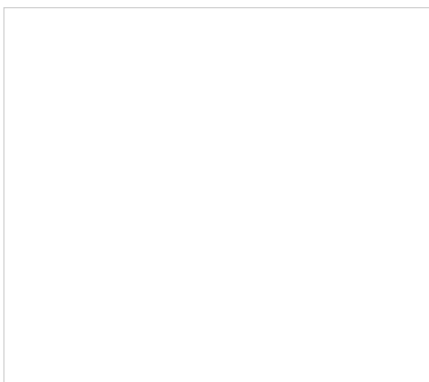
WIDE PLIE RELEVE



WIDE PLIE RELEVE R/L



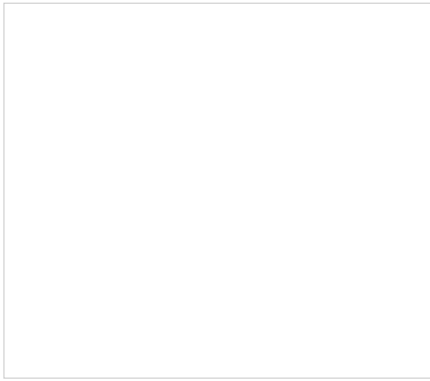
WIDE PLIE RELEVE BOTH



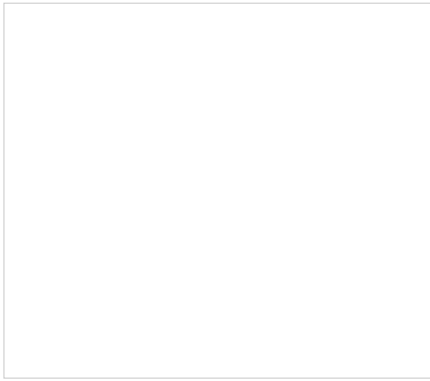
Heel Releves



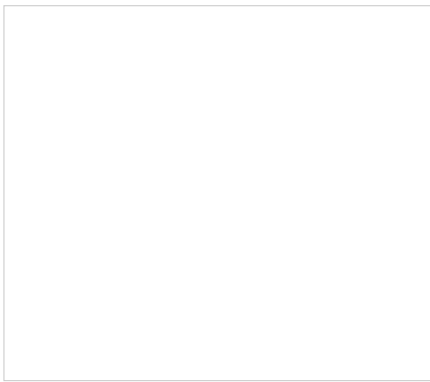
KNEE BEND FRONT



LEG ABDUCT



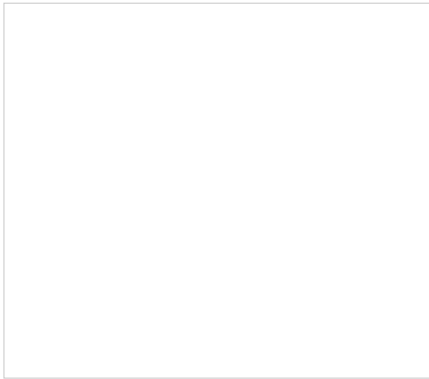
KNEE BEND DESCEND



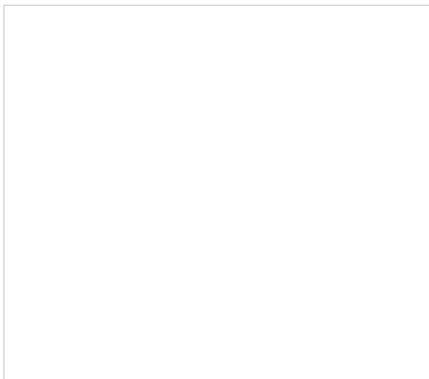
90-Degree Knee Bends



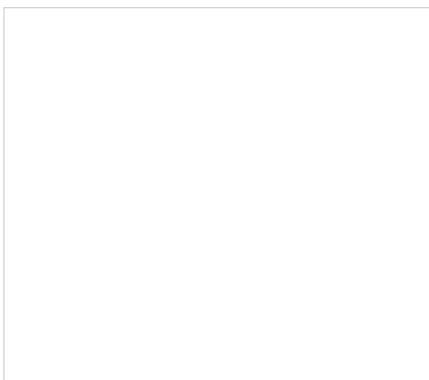
CHAIR SWEEP RELEVES



CHAIR SKY RELEVES

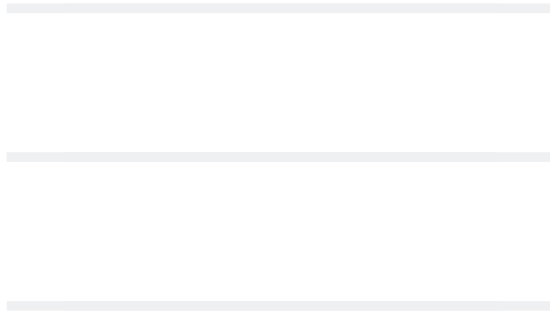
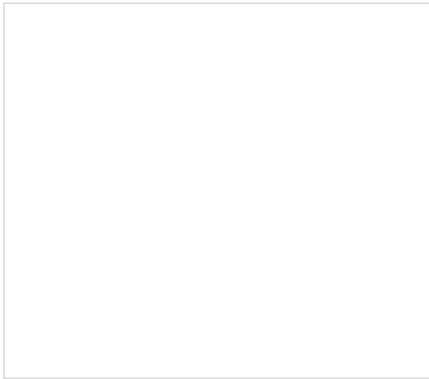


CHAIR RELEVE PULSES

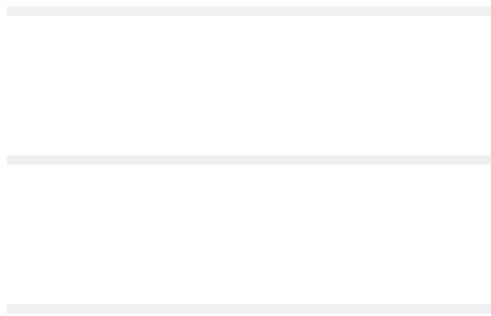
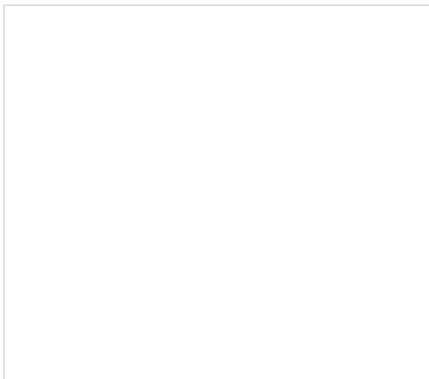


Chair Relevés

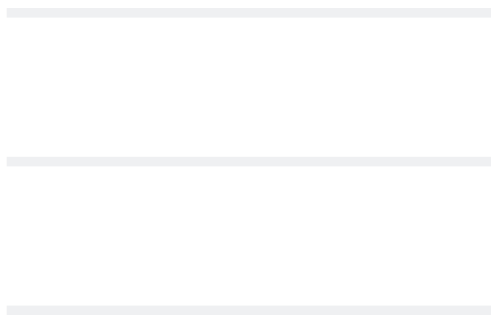
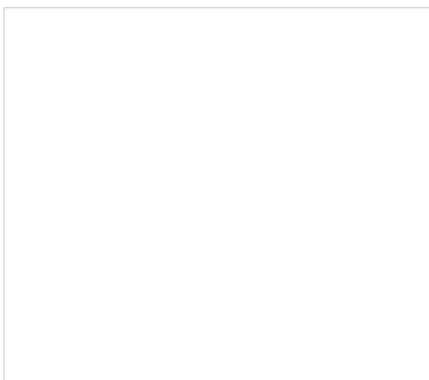
TOE LIFTS



TOE TAPS



HEEL/TOE



Foot Work



BRUSH FRONT

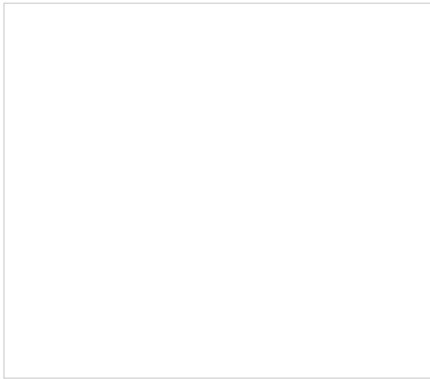
BRUSH SIDE

BRUSH BACK

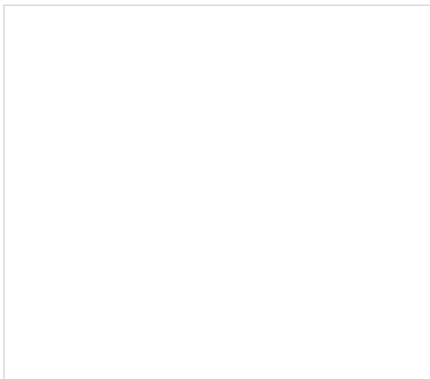
Brushes



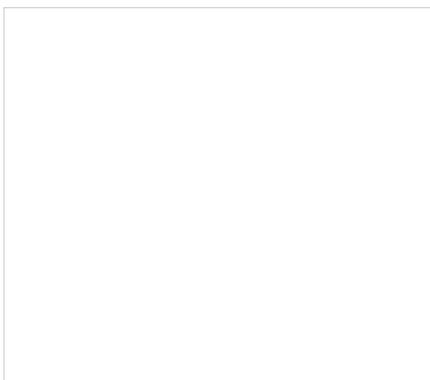
LAUNCH UP



SIDE HOVER



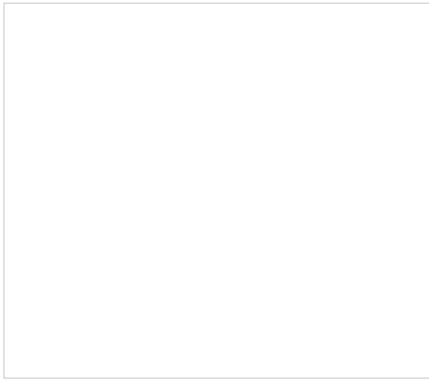
STEP BACK



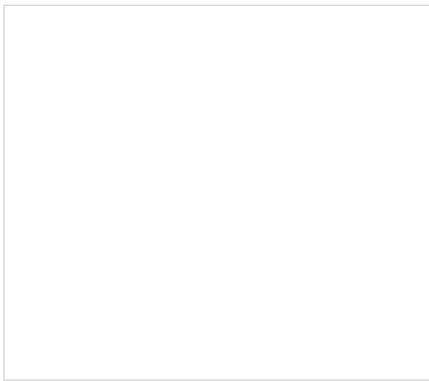
Abductions



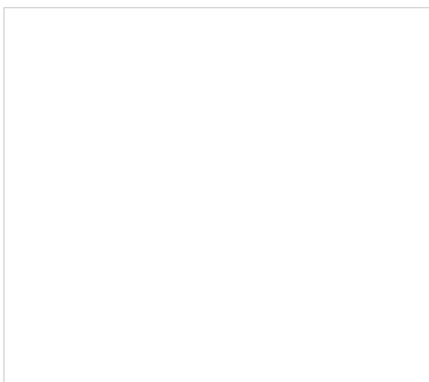
FRONT/SIDE/FRONT



SIDE/BACK/SIDE



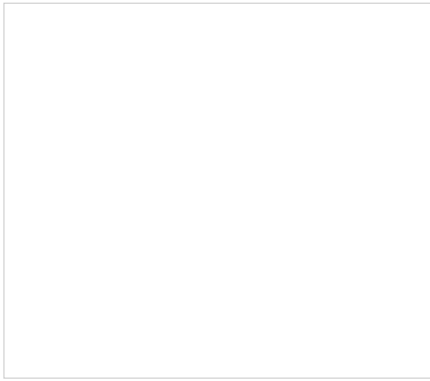
FRONT/BACK/FRONT



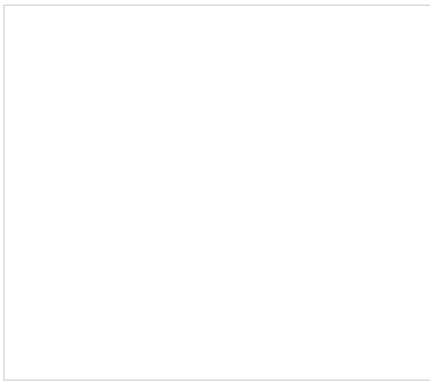
Circles



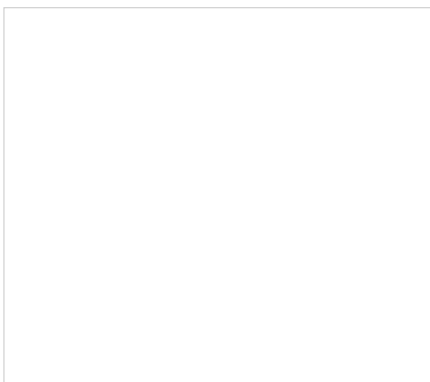
SLIDE TOE TO KNEE



POINT FORWARD



POINT SIDE



Balance Work



BOX FRONT

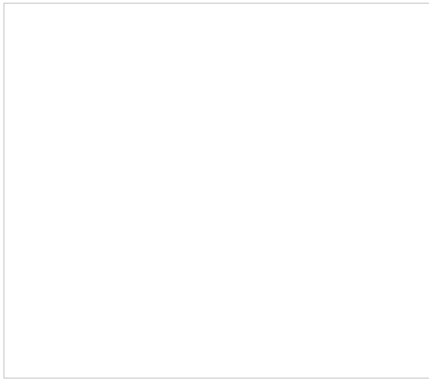
BOX SIDE

BOX BACK

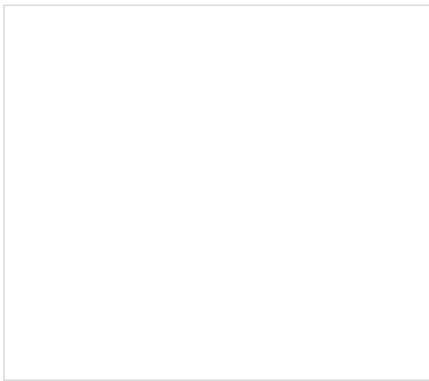
Box Work



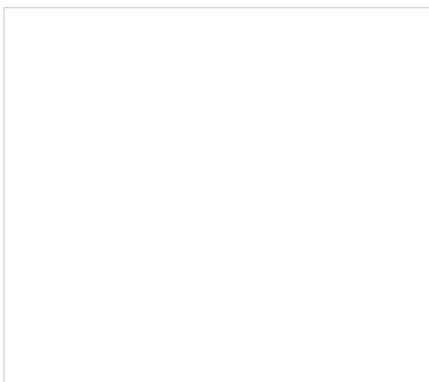
ARABESQUE RIGHT



MOUNTAIN



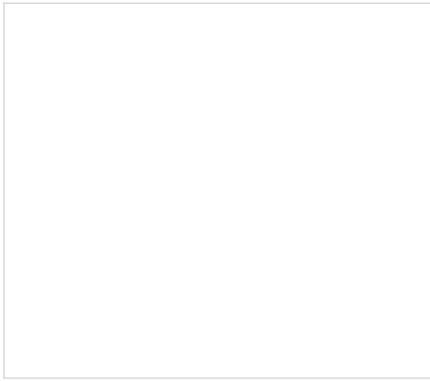
ARABESQUE LEFT



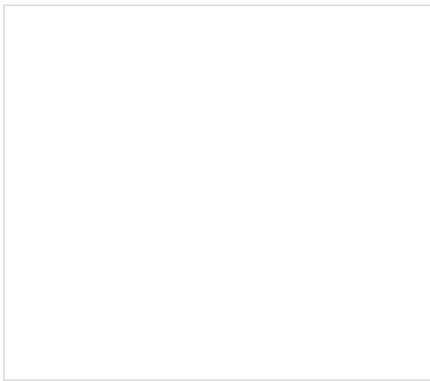
Arabesque



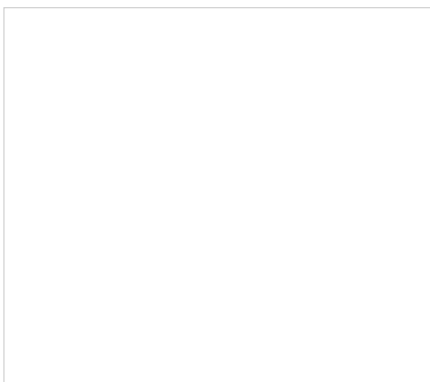
TRICEP PUSHUP



TRICEP HOLD



ELBOWS WIDE



Plank Series