

# GYMSTICK IGNITE

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The newest in the Gymstick™ series of workouts, this core and balance workshop was created with flowing muscular segments that combine Yoga and balance postures to stimulate and strengthen the whole core at all times designed to move energy, core fusion abdominal conditioning, strengthening and lengthening to create strong lean muscle tone. This program is designed specifically for students who want BOTH a physically challenging core workout, and a continually flowing yoga movement experience that builds heat and moves energy.

## GYMSTICK™ THE CONCEPTION

This fitness tool was developed by bringing together two pieces of fitness equipment including exercise bands and sticks. The idea was born in Finland by the Finnish Institute of Sport to develop a more versatile and effective fitness tool. The primary goal was to come up with an exercise tool that would improve posture and mobility. The exercise band, in turn, provides necessary resistance for muscle conditioning. Furthermore Gymstick™ can also be used to improve balance, coordination, cardiovascular conditioning proving to be a multifaceted piece of exercise equipment.

## GYMSTICK™ WHO'S USING IT!

Gymstick™ is used around the world by a wide range of fitness/health professionals, including:

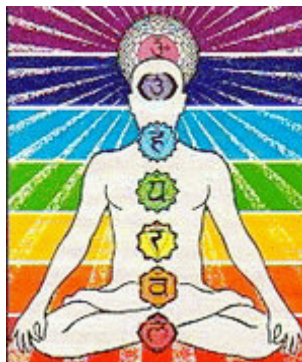
- Athletes
- Fitness Professionals
- Physiotherapists
- Rehabilitation Patients
- Seniors
- Fitness Enthusiasts

## GYMSTICK™ INGNITE THE CONCEPT GROWS

The practice of yoga serves to align the body by correcting and preventing muscles imbalances, improving circulation, organ health and function as well as deepening mind body and spirit awareness. The philosophy of yoga is to create a body of harmony better allowing it to flow through the challenges of life with minimal stress and ease and to keep the body in state of wellness. The Gymstick™ in combination with yoga inspired exercises enhances the benefits of yoga. The unique design of the Gymstick™ provides the user with deeper core activation, increased muscle activation, increased opportunity to improve balance, coordination, breath work, and overall improved functional benefits.

## GYMSTICK™ INGNITE A GATEWAY FOR ENERGY FLOW

There are seven (7) main Chakras on the body connecting into the spinal column. The word *Chakra* comes from the Sanskrit language, meaning spinning wheel or disk Each Chakra is a different vibration and therefore represented as a different color. The picture below depicts the seven Chakras.



They are energy processing centers, and the Chakra system is our energetic connection to the realm of pure consciousness as well as our spiritual essence. The energetic operations in them are what make every aspect of our bodily, emotional, mental and spiritual life possible. They are patterns of energy, and are shaped something like funnels or whirlpools of energy. Their vortices lie inside the body, along the spinal cord (which corresponds to a central energy channel) and up into the head (see diagram).



Because the Chakra system is the central processing center for every aspect of our being, blockage or other energetic dysfunction in the Chakras usually gives rise to disorders in the body, mind or spirit. A defect in the energy flow through any given Chakra will result in a defect in the energy provided to certain portions of the physical body, as well as impairment in the entire energy field's ability to process energy—affecting all levels of the being. This is because the energy field is a holistic entity; every part of it affects every other part.

In Yoga there are specific poses to help balance the energy flow of a particular chakra

### **CHAKRA LIST WITH CORESPONDING POSTURES**

Chakra: 1 Root
Postures: Kegal, Wheel, Locust, Head to Knee
Chakra: 2 Sacral
Postures: Cobra, Triangle, Twist, Leg Lift
Chakra: 3 Solar Plexus
Postures: Cobra, Bow, Crocodiles
Chakra : 4 Heart
Postures: Camel, Cobra, Fish
Chakra: 5 Throat
Postures: Fish, Plough, Shoulder Stand
Chakra: 6 Third Eye
Postures: Fish, Shoulders Stand, Meditation
Chakra: 7 Crown
Postures: Fish, Shoulder Stand, Meditation

The postures and sequences in yoga bring the chakras into complete balance. When energy is flowing smoothly through your body the chakras spin brighter and faster which bring the mind and body to a state of perfect harmony. When there are blockages, or chakras closed down altogether, energy cannot flow and "disease" of the body, mind or spirit can form.

The order and sequencing of balancing the chakras in the Gymstick Ignite™ program are 1,7, 2,6,3,5,4 finishing with the heart chakra. Chakras 1-3 represent our physical aspects and chakras 5-7 our spiritual. Chakra 4 or the heart chakra serves to connect our higher and lower centres. As the world evolves and we as humans evolve there is more and more emphasis on the need to be heart centered. This is clearly evidenced in the growing incidence of heart "disease.'

A program that is suitable for a large population, Gymstick™ Ignite uniquely combines the Gymstick™ original concept with the ancient wisdom of yoga to produce a program that offers a workout leaving the participants balanced in mind, body and spirit.