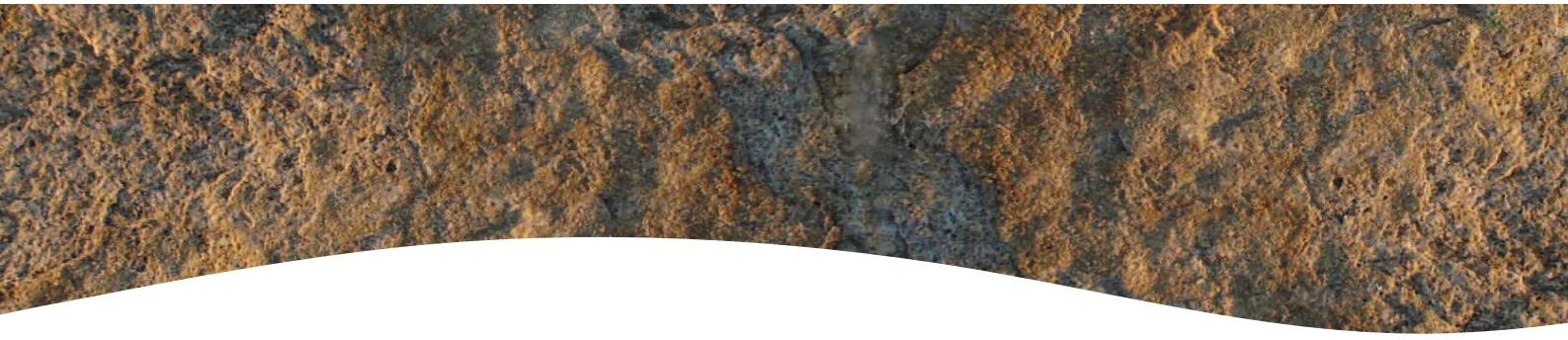
木 火 土 金 水

Harmony · Balance · Wellbeing

ChiBall®



Late Summer - Abundance

Movement Notes

ChiBall®

Late Summer Seasonal Class Notes

Abundance Music composed for the ChiBall Late Summer Abundance Class		
Track	**Energy Phase**	**Discipline**
1. “Harvest Fill”	Rising Yang	Tai Chi-Qi gong
2. “Desert Fresh”	Radiant Yang – Part 1	ChiBall dance
3. “Mountain Energy”	Radiant Yang – Part 2	Yoga
4. “Grounding”	Descending Yang	Pilates
5. “Evening Balance”	Descending Yang	Pilates
6. “Terra Rosa”	Rising Yin	ChiBall Release
7. “Dream Time”	Condensed Yin	Relaxation

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ChiBall Late Summer Class Movement Notes

How to use the DVD and notes

- This DVD has been filmed as a mirror image of your teaching – when practising, mirror the direction of movement and follow the instruction of the voiceover.
- When reading the notes and watching the DVD, move in the direction written or said (i.e. right), but you will eventually SAY THE OPPOSITE when teaching your class (i.e. “left”).
- If you are unsure about exercise execution, watch the Class section for the sequence of movements, or refer to the Technique Points section of the DVD. Also, refer to the description of the movements in the second part of this manual.
-

Study Tips

While everyone has their own ways of learning movement, we have put together some tips that may help you to effectively study and develop your teaching practise:

1. Spend time **listening** to the music so that you become confident with its pace, feeling, and changes.
2. Refresh your knowledge of the movements by **re-reading** their explanations in the second part of this manual.
3. **Watch** the class section and follow along with the **movements**, as if doing the class.
4. **Watch** the class section again, this time while **reading** along with the notes.
5. Make these notes yours by **adding your own comments**, thoughts, cues, and markings (stars, coloured highlights, etc.) to help you learn and remember the moves and sequences.
6. Using only your notes, listen to the music CD and **practise performing** the movements and sequences. This will help identify where you still have questions and need more practise.
7. Continue to view and practise along with the DVD and/or CD as needed. Start to **speak aloud** while practising, and integrate your own cues with your movements. Reflect on the feelings and imagery that come to mind while performing the moves and sequences.
8. Refer to the “Technique Points” DVD section once you are comfortable with the sequences to get **additional detail** on posture and execution, or as questions arise during your practise.
9. You may like to invite friends or family and deliver a trial “**test class**” in a safe and comfortable setting.

If you have any questions or difficulties, our Master Trainers and staff provide support and answers to your questions through the forums in the **Online Teachers’ Community Area** of http://www.chiball.com/education.

Please contact education@chiball.com for any other questions, or if you would like assistance setting up your online account.

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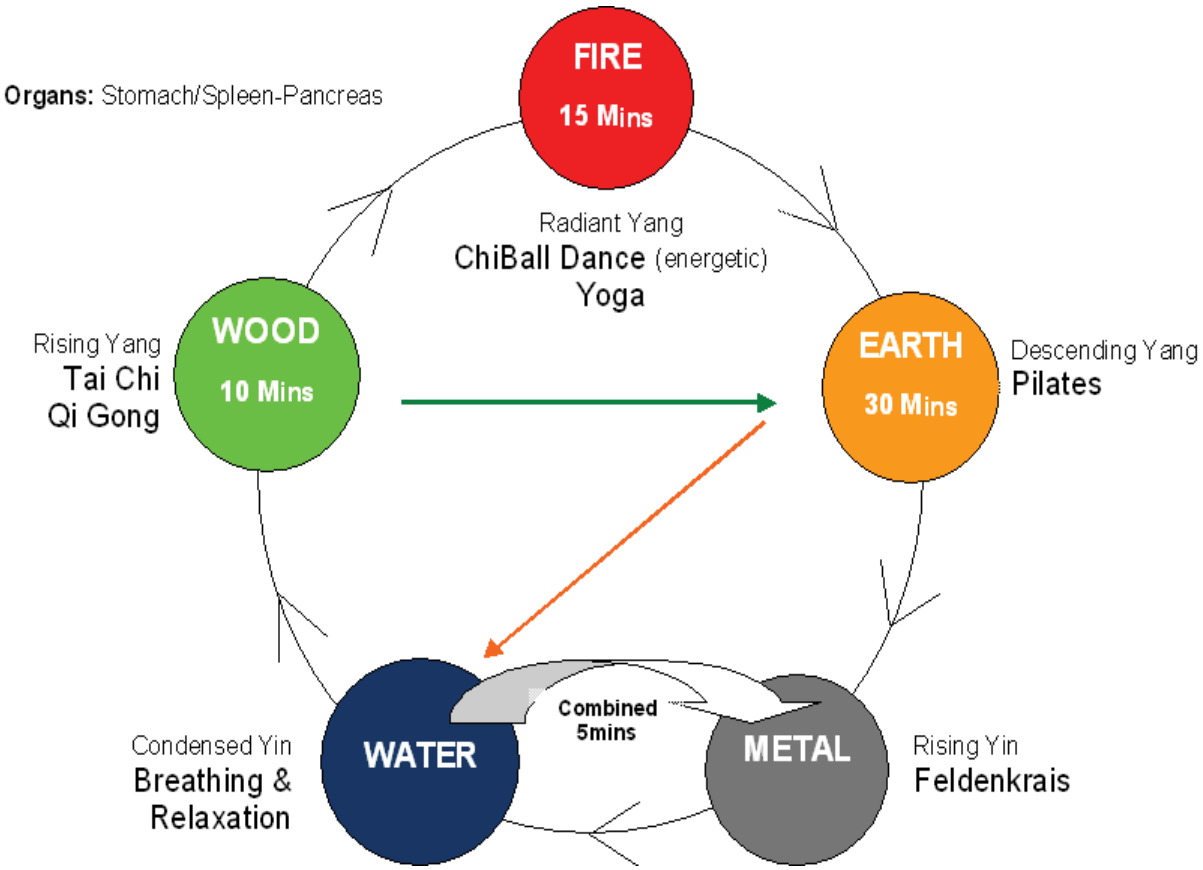
Late Summer

(Descending Yang)

NORTHERN HEMISPHERE: Weeks 32 – 41
SOUTHERN HEMISPHERE: Weeks 9 - 17



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