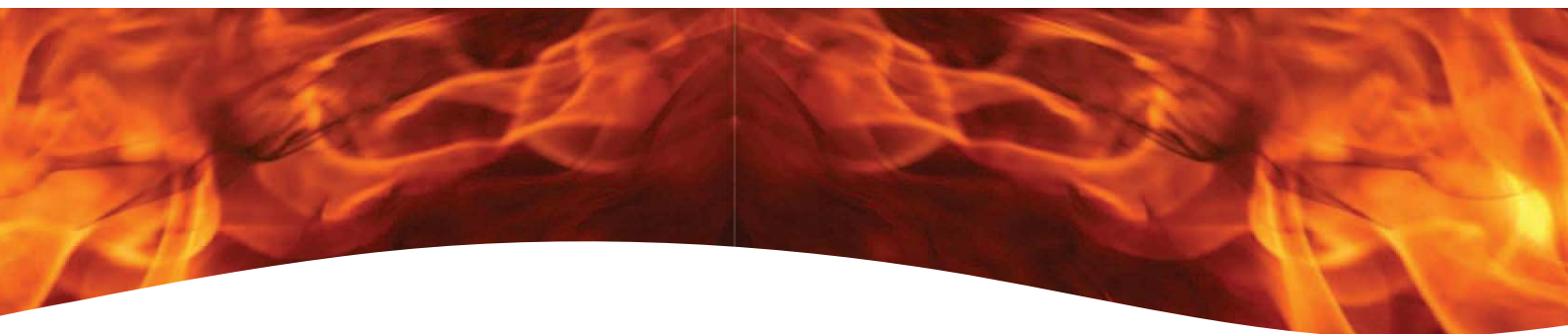
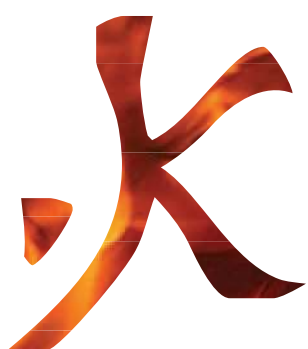




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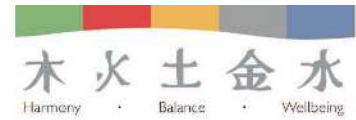
Harmony · Balance · Wellbeing

ChiBall®



Summer - Radiance

Movement Notes



ChiBall®

Summer Seasonal Class Movement Notes

Radiance		
Music composed for the ChiBall Summer Radiance Class		
Track	Energy Phase	Discipline
1. Sunrise	Rising Yang	TAI CHI-QI GONG
2. Summer Glow	Radiant Yang – Part 1	CHIBALL DANCE
3. Let There Be Light	Radiant Yang – Part 1	CHIBALL DANCE
4. Island Sun	Radiant Yang – Part 2	YOGA
5. Illumination	Radiant Yang – Part 2	YOGA
6. Amber Light	Descending Yang	PILATES
7. Dream Visions	Rising Yin	CHIBALL RELEASE
8. Reflective Embers	Condensed Yin	RELAXATION

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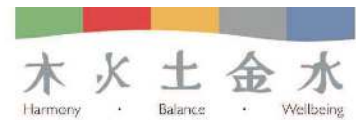
Filmed and Edited by Justin Parker

Edited by Russ Colbourne

Executive Producer Maria-Ann Camilleri

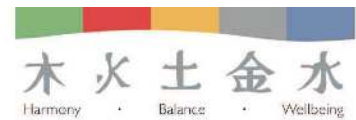
Produced by FatCity Digital Media

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Contents

ChiBall Summer Class Notes	3
How to use the DVD and notes	3
The purpose of ChiBall in Summer	5
Physical and emotional keywords	6
Mental, Emotional, Personal and Life issues	6
Summer Class Focus	6
Summer Class Movement Sequence - Radiance	7
ChiBall Qi Gong - Tai Chi - Rising Yang Track 1 – Sunrise	7
ChiBall Dance - Radiant Yang - Track 2 – Summer Glow	9
ChiBall Dance - Radiant Yang - Track 3 – Let There Be Light	12
ChiBall Yoga – Radiant Yang - Track 4 – Island Sun	14
ChiBall Yoga - Radiant Yang - Track 5 – Illumination	16
ChiBall Pilates – Descending Yang - Track 6 – Amber Light	16
ChiBall Release - Rising Yin - Track 7 – Dream Visions	17
Relaxation – Condensed yin - Track 8 – Reflective Embers	17
Tai Chi – Qi Gong	18
Circle the Sun	18
Circle the Moon	18
Butterfly	19
ChiBall Dance	20
The Wave	20
Around the World	21
The Breeze	22
The Exchange	23
ChiBall Yoga	24
Mountain Pose (Tadasana)	24
Fierce Pose (Utkatasana)	25
Warrior Pose II (Virabhadrasana II)	26
Reverse Warrior Pose	27
Triangle Pose (Trikonasana)	28
Warrior Pose I (Virabhadrasana I)	29
Reclining Twist (Jathara Pari Vartanasana)	30
Modified Fish Pose (Matsyanasana)	31
ChiBall Pilates	32
Swan Dive Prep	32
Shoulder Bridge	33
ChiBall Release - Principles of Feldenkrais Lessons	34
Shoulder Walking	34
Neck Press & Circles	35
ChiBall Deep Relaxation	36
Yoga Nidra	36



ChiBall Summer Class 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 to your class (i.e. “left”).
- If you are unsure about exercise execution, watch the Summer Class section for the sequence of movements, or refer to the Technique Points section of the DVD. Also refer to your Practical Intensive Teacher’s Manual for more explanation of the movements.

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 your Practical Intensive Teacher’s Manual.
3. **Watch** the “Summer Class” section and follow along with the **movements**, as if doing the class.
4. **Watch** the “Summer 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 to 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 comes 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.

Summer (Radiant Yang)

NORTHERN HEMISPHERE: WEEKS 22 – 31

SOUTHERN HEMISPHERE: WEEKS 50 - 8

