



SESSION # 4607

KEISER GROUP INDOOR CYCLING

YOGA + RIDE: WHEN TWO WORLDS COLLIDE

Presented by: Linda Webster

Overview: What happens when you combine cycling with yoga? You get a stronger body and mind! This workshop will take you through an intense interval class where you'll push your limits and exceed your expectations. You'll complete your workout with poses to stretch all the muscles you worked and finish with a mindful meditation. It's time to collide!

Indoor Cycling Benefits

Cardiovascular Focus

Strength Focus

Endurance Focus

Interval/Intensity

High Energy

Stress Release

Singular Plane

**Doing*

Yoga Benefits

Lengthening

Calming

Cooling

Stress Release

Renewal and Restore

Multiplanar

**Undoing*

Colliding Benefits

Empowering

Balancing (Yin and Yang)

Consideration

Timing

Space

Sound

Equipment

Post Ride Poses

Feet Together

Half Moon – Hands extended overhead, lean to side with feet grounded

Half Moon Variation – Cross leg, ground feet, reach one arm up, one arm down

Climb the Half Moon - Hands extended overhead, alternate reaching up and lengthening through the rib cage

Standing Twist – Pelvis stable, arms extended in a T shape from shoulders; release pelvis

Standing Forward Bend – Three variations of arms; three heart positions

Wide Leg

Triangle Pose - Same lower body, pelvis forward; rotate through thoracic spine (sides of torso long)

Revolved Triangle Pose - Start with back knee bent; rotate towards front knee, with arm on outside (as in revolved chair); extend arms and back leg (use cycle for balance)

Warrior II – 3-4 foot wide leg stance, front foot at 90 degree rotation, back foot at 45 degrees, one knee bent, arms extended

Extended Side Angle - Same lower body as above, but upper torso extends over bent knee

Revolved Warrior - Same as above, but torso leans back over straight leg, opposite arm up

Wide Leg Forward Bend with Extended Arms - Three variations of arms

Lunge and Warrior I

Lunge with One Arm Reach - Runners lunge, same arm as back leg reaches up

Lunge with Lateral Bend – As above but then reach over to opposite side

Warrior I with Above Variations – Heel on ground

Warrior I with Rotation – Can also add thoracic extension here by reaching for opposite foot with one arm and sky with the other

Post Ride: One Leg

Dancer Pose (w/cycle)– Quad stretch with shoulder opener; thoracic extension, and hip extension

Standing Pigeon – Ankle to opposite knee, bend standing leg without rotating or twisting lumbar spine (keep pelvis square)

Seated

Seated Forward Bend (opt. A): Legs extended and adducted, hip hinge fold over legs (can use towel if have one)

Seated Forward Bend (opt. B): With knees slightly bent, hug under knees and gradually straighten them until you can't – keep spine neutral, shoulder blades down

Baddha Konansana (opt. A) [aka Butterfly]: Bottoms of feet together and hips externally rotated, hold onto ankles and sit up tall

Baddha Konansana (opt. B [aka Butterfly]): Begin as above, but add a slight hip hinge, forward fold

Supine:

Knees to chest: Lying back, bring both knees to chest, give yourself a hug and gently roll side to side (as space allows)

Corpse Pose: Lying back, get as comfortable as possible and 'Let go'