

Wet Barre™: OM (*Organic Movement*)

Katina Brock, MEd.

Wet Barre™:OM is inspired by Gyrotonic™, Essentrics™, Yoga, Pilates and more. This workshop helps to correct faulty movement patterns and poor posture due to muscle maladaptation from being sedentary, and muscle imbalances. It incorporates rotation and more fluid movements that create a feeling of length and openness. Many of the exercises offer both muscle contraction and release within the same movement sequence. Ideal for warm up, cool down, mind-body formats, seniors, warm water classes and recovery workouts.

Loosening - (no equip)

- A. 11-4 Taps** - soft **L** knee, slight turn out. Reach flexed **R** foot across and tap floor at 11:00 while leaning back. Then lean forward as you extend **R** leg back to tap 4:00 w/ pointed toe.
- B. Hopping Hip Opener** - lift **R** knee to 10:00, 1:00, 3:00 and all the way back, straightening and tap down at 7:00 w/ open **R** hip flexors! While hopping **L**.
- C. L2 Wide Press** - L2. Legs wide, one knee tucks (turned out, like frog) while the other leg stretches wide towards floor and taps it w/ heel of flexed foot.
- D. L2 Scissor Stretch** - L2 extend one leg out in front and grab behind to feel hamstring stretch. Alternate legs without bouncing or rising up at all.
- E. Tipping Fire Hydrant** - **L** foot turned out. Rock back onto **L** heel as **R** leg bends and lifts (fire hydrant position).
- F. L2 Ankle Rolls** - L2, knees wide and soft and toes on floor. Circle ankles.
- G. L2 Twister** - L2 seated. Cross one leg over the other above the knee or in a “4” position. Bottom toe is on floor. Spin L/R to release hips and back.

Core & Hips

- H. Running Warrior** - from lunge w/ back front knee points 12 back knee points to 3 (or 9). Run with legs in this 90 degree angle.
- I. Knee Press- Curl** - lift **R** knee, press down on it with **L** hand. Then pull **R** leg back into hamstring curl and reach for foot w/ **L** hand.
- J. Lunge to Sumo** - lunge **R** foot back, articulate hip flexor stretch w/ slight lean forward in torso. Then pivot on ball of **R** foot and drop heel down as you rotate 1/4 turn **R**. Now in 2nd position. Articulate external hip rotation here.

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- K. Leaning Bicycle** - stand **L** foot pointing to 9. **L** arm sculling. **R** leg up at 3:00. Body leaning **L**. Tuck **R** leg into chest, extend fwd and sweep around to back.

Posture & Back

- L. Halo Arms** - interlock fingers elbows out wide. Circle arms over head and return front. Repeat other direction.
- M. Perch Wings** - lunge **R** foot back w/ fingertips on shoulders. Rotate elbows in a circle front to back as you step **R** foot up into a perch. May add “look up.”
- N. The Conductor** - lunge back as arms open wide and head looks up. Step forward into perch as arms sweep forward and up.
- O. Sitting Cobra** - L2 w/ sitting position w/ toes touching floor. Shoot legs back wides. Toes tap floor. Exhale, contract abs return to chair - toes tap floor.
- P. Lunge w/ Diamond Arms** - lunge back **R** foot, keep hips square to front. Hands stacked, elbows wide like a diamond. Rotate upper torso **R**. Return front, step **R** foot up to perch, as arms sweep down knuckles leading back.

Noodle

- Q. Knock-Kneed Frog** - **N** under arms in front. Tuck knees up w/ feet apart and knees together (knock kneed). Then flip legs into a frog position, w/ flexed feet and heels touching.
- R. Wind Up** -press **N** into wall bent forward. Sweep leg back into arabesque/ airplane. Then bend knee and bring it around wide and to the front. Repeat.
- S. Reclining Spinal Twist** - **N** around back, knees tucked. Drop knees over side to side. Ok on surface but better at a 45 degree angle down.
- T. Tapping Side Stretch** - **L** hand on wall or **N**. stand w/ **R** foot behind **L**. Reach **R** arm up over **R** ear (no fwd lean). Then drop **R** arm back, palm facing up, tap water with knuckles behind you at 4:00.
- U. Hanging Hip Release** - **N** in front, hanging, legs bent and wide. Shake hips to release in spine. Move organically to allow body to open where it is needed.