

SilverSneakers BOOM MIND Sample Class

BOOM MIND is a flowing mix of yoga, Pilates and athletic stretching techniques. The BOOM MIND Master Class is performed in a standing position, without any extra props besides a yoga mat. Remember, when using a yoga sticky mat for BOOM Mind, be sure to coach your participants to remove their shoes and socks to minimize their risk of tripping and falling. If a class member wishes to wear athletic shoes, they should perform their standing work off of the mat.

As a BOOM Mind instructor, be sure to:

- Provide movement options.
- Remind participants to listen to their bodies and to work at their own pace.
- No movement should cause pain for your participants. If a pose, stretch or movement causes discomfort, cue your class members to try limiting their range of motion and to slow down until they find their pain-free range.
- Make sure to cue for even breathing to avoid breath holding.
- Cue at least 3 times for postural alignment, breathing, hydration and perceived exertion using our SilverSneakers Mind/Body 1-3 perceived exertion chart.

Mindful Warm-Up and Range of Motion

1. Stand with feet hip-distance apart with neutral spine. Practice belly breathing with hands on abdominals, inhaling and exhaling through the nose, if possible.
2. Begin bilateral roll shoulders, inhaling the shoulders forward and up, then exhaling them back and down.
3. *Set the intention* to coordinate movement and breathing, matching movement with the flow of breath.
4. Shoulder Flow
 - Inhale, diving hands forward and opening arms to sides.
 - Exhale to heart center.
 - Inhale, sweeping arms up and out.
 - Exhale hands to heart center.
 - Inhale, scooping arms down, then lifting out to sides and up.
 - Exhaling to heart center.
 - Gentle wrist roll.
5. Step to short edge of mat and pedal heels.
6. Active Balance Flow, lifting right heel, tap foot back and then back to center while maintaining core stability and neutral spine.
7. Step back with right foot to a lunge, turning the right heel in at a diagonal for a Warrior Lunge, inhaling to Warrior Lunge with goal-post arms and gently straightening left leg and exhaling to Pyramid pose, bringing

hands to the back of the body. Flow Warrior I lunge and Pyramid pose, moving with the breath.

8. Slide the right foot forward or float right knee to front, rotating the ankle.
9. Step right foot back again and face the long side of the mat to a wide stance. Perform wide squat to lateral side bend on right side. Repeat on the left.
10. Turn feet to the right and step to the right, short edge of the mat and pedal heels.
11. Repeat Active Balance Flow, lifting the left heel, tap foot back and then back to center while maintaining core stability and neutral spine.
12. Step back with left foot to a lunge, turning the right heel in at a diagonal for a Warrior Lunge, inhaling to Warrior Lunge with goal-post arms and gently straightening right leg and exhaling to Pyramid pose, bringing hands to the back of the body. Flow Warrior I lunge and Pyramid pose, moving with the breath.
13. Slide the left foot forward or float left knee to front, rotating the ankle.
14. Shoulder rolls, moving toward a gently flowing Cat-Cow, bending knees. Exhale to Cat; inhale to Cow. Bring hands to heart center

Hydration Break and Perceived Exertion Check.

Work: Movement Block #1

1. Flowing Chair - With feet hips distance apart and inhale into Chair, exhaling up to standing and rolling shoulder and arms back. Flow between Chair pose and arm sweep.
2. Step feet wide, turning right foot to short edge of the mat, left foot pointing toward long edge of the mat to prepare for Warrior II. Bend right knee, extend back through left leg, reaching arms toward short sides of the mat, shoulder high, bringing gaze over right hand for Warrior II. Be sure to open hips, belly and chest toward long side of mat.
3. Move into Extended Side Angle, supporting body by bringing the right hand to the thigh, left arm behind the back, overhead or extending arm with biceps close to ear, being aware of shoulder range of motion.
4. Flow back through Warrior II into Reverse by bringing the left hand to left thigh, right arm overhead, feeling length in the right side of the body.
5. Turn feet toward long side of mat and heel/toe toward center, stepping back to the center of the mat to repeat Flowing Chair. Hold Chair pose for a few breaths, with option to pedal heels in Chair Pose.
6. Step feet wide, turning left foot to short edge of the mat, right foot pointing toward long edge of the mat to prepare for Warrior II. Bend left knee, extend back through the right leg, reaching arms toward short sides of the mat, shoulder high, bringing gaze over left hand for Warrior II. Be sure to open hips, belly and chest toward long side of mat.
7. Move into Extended Side Angle, supporting body by bringing the left hand to the thigh, right arm behind the back, overhead or extending arm with biceps close to ear, being aware of shoulder range of motion.
8. Flow back through Warrior II into Reverse by bringing the right hand to right thigh, left arm overhead, feeling length in the left side of the body.
9. Mini Standing Sun Salutation
 - In Mountain Pose, with feet about hip distance apart, inhale, sweeping arms down and scooping them up.
 - Exhale, opening arms to sides for Swan Dive to gentle Forward Fold making sure to bend knees (option to

keep head above heart).

- Lift and inhale into Half Forward Fold, head above heart, long spine, supporting with hands on thighs or shins.
- Option to move back through bent-knee Forward Fold, exhaling.
- Inhaling arms up, reverse the Swan Dive, coming back to Mountain Pose with Hands at heart center.

Work: Movement Block #2

1. Gently externally rotate hips to come to Pilates Stance, zipping up inner thighs and coming to neutral posture with core braced.
2. Maintaining neutral spinal alignment, inhale into Pilates Chest Expansion, pressing hands toward back wall, opening shoulders and engaging back muscles. Turn head to right, then left, exhaling as the gaze returns to the front and arms return to sides. Repeat turning head to right first, then to the left. Add the option to lift to the balls of the feet for balance work.
3. Bring feet to hip distance or wider with arms at a goal post for Standing Twist. Turn upper body, including gaze, to right, then to left, exhaling to twist, inhaling to center. Add intensity option by straightening arms to side, narrowing stance, or stepping one leg back during twist.
4. Pedal Heels for Mountain Climber or come to a Pilates March. Optional progression to a supported, alternating Single Leg Stretch.
5. Stand with feet about shoulder distance apart to prepare for Swimming. With thumbs up, lengthen arms without locking elbows. Keeping hands shoulder height and shoulder distance apart, “swim” arms up and down 6” – 12”, stabilizing core, resisting the urge to wobble. Add intensity option, stepping one leg back at a time while maintaining neutral spine and strong core.
6. Open to wide stance to prepare for standing variation of the Open-Leg Rocker. Inhale and squat to pain-free range, then exhale, pushing right leg off floor, balancing with right toe on floor or with foot elevated, hip strong. Hands on hip or arms to side. Repeat on left side.

Hydration Break and Perceived Exertion Check

Work: Movement Block #3

1. Coming back to Mountain Pose, tap the right heel forward, then tap the right toe to the back. Center the foot next to the left ankle and open the right knee to the side to prepare for Standing Pigeon options. If comfortable, the right foot can cross center to the left side of the ankle.
2. Step the right foot back into Balancing Warrior.
3. Flow between Standing Pigeon and Balancing Warrior, finally holding Balancing Warrior for a few breaths, building strength and challenging balance.
4. Mini Standing Sun Salutation
 - In Mountain Pose, with feet about hip distance apart, inhale, sweeping arms down and scooping them up.
 - Exhale, opening arms to sides for Swan Dive to gentle Forward Fold making sure to bend knees (option to keep head above heart).
 - Lift and inhale into Half Forward Fold, head above heart, long spine, supporting with hands on thighs or

shins.

- Option to move back through bent-knee Forward Fold, exhaling.
5. From Mountain Pose, tap the left heel forward, then tap the left toe to the back. Center the foot next to the right ankle and open the left knee to the side to prepare for Standing Pigeon options. If comfortable, the left foot can cross center to the right side of the ankle.
 6. Step the left foot back into Balancing Warrior.
 7. Flow between Standing Pigeon and Balancing Warrior, finally holding Balancing Warrior for a few breaths, building strength and challenging balance.
 8. Mini Standing Sun Salutation
 - In Mountain Pose, with feet about hip distance apart, inhale, sweeping arms down and scooping them up.
 - Exhale, opening arms to sides for Swan Dive to gentle Forward Fold making sure to bend knees (option to keep head above heart).
 - Lift and inhale into Half Forward Fold, head above heart, long spine, supporting with hands on thighs or shins.
 - Option to move back through bent-knee Forward Fold, exhaling.
 9. Mountain Pose with hands at heart center, practicing belly breathing.

Cool Down

1. With feet hip distance apart perform slow Mountain Climber, progressing to a slow Pilates March.
2. Open to a wide-leg stance, exhaling, hinging at the hip and reaching the left arm diagonally towards the right corner of the room. Look towards the floor with neutral spinal alignment, head slightly above the heart as you perform a variation of the Pilates Saw. Inhale to standing. Repeat on the other side. Make sure to keep the knees slightly bent during the movement.
3. Step to center, allowing the shoulders to relax and the arms to float as you initiate from the core for Ring the Gong. Breathe continuously as you gently tap the front and back of the hips, flowing side to side.
4. From a wider than hip stance, rotate right ankle, hip and pelvis in pain-free range. Repeat on left side.
5. Step to center for the Shoulder Flow:
 - Inhale, dipping hands forward and opening arms to sides.
 - Exhale to heart center.
 - Inhale, sweeping arms up and out.
 - Exhale hands to heart center.
 - Inhale, scooping arms down, then lifting out to sides and up.
 - Exhaling to heart center.
 - Gentle wrist roll.

Hydration Break and Perceived Exertion Check

Final Stretch

1. Step to the left, to the short side of the mat for Mountain Pose.
2. Step the right leg back to Lunging Warrior. Bring arms to goal post, then inhale lifting the arms and bringing them back to goal post on the exhale.
3. Hands come to the back of the body for Pyramid Pose. Gently straighten left leg, maintaining a slight bend at the knee and hinge forward from the hip with a long spine, keeping head slightly above the heart. Draw the heels toward center. Option - support arms on thigh, or shin, or reach fingertips to mat. Hold Pyramid Pose comfortably for a few breaths to experience hamstring stretch.
4. Bend the left knee, walk the hands up the left leg and lift the upper body to neutral, lifting back heel and tucking hip for hip flexor and quadriceps stretch for 2 breaths.
5. Step to face the long side of the mat and reach right arm up to pat yourself on the back for a triceps stretch, preparing for Standing Cow Face Pose. Left hand moves to hip, lower back, or it slide up the center of the back to come close to or connect with the right hand. Relax shoulders down and maintain neutral spine and strong core. Release and roll the shoulders. Repeat with left arm in triceps stretch and right arm at back. Relax and roll shoulders.
6. Step the left leg back to Lunging Warrior. Bring arms to goal post, then inhale lifting the arms and bringing them back to goal post on the exhale.
7. Hands come to the back of the body for Pyramid Pose. Gently straighten the right leg, maintaining a slight bend at the knee. Hinge forward from the hip with a long spine, keeping head slightly above the heart. Draw the heels toward center. Option - support arms on thigh, or shin, or reach fingertips to mat. Hold Pyramid Pose comfortably for a few breaths to experience hamstring stretch.
8. Bend the right knee, walk the hands up the right leg and lift the upper body to neutral, lifting the back heel and tucking hip for hip flexor and quadriceps stretch for 2 breaths.
9. Turn to the long side of the mat and stand with a wide stance. Hinge forward at the hip, with slightly bent knees. Windmill right arm up, revolving belly, chest and gaze to right, feeling stretch in the left inner thigh. Maintain neutral spine. Repeat on Left side.
10. Heel toe into Mountain Pose. Perform gentle Cat-Cow with slightly bent knees.
11. Stand in Mountain Pose. Take a few breaths, sweeping arms and ending with hands at heart center.

Relaxation

1. In Mountain Pose, practice even ratio belly breathing, settling in to a relaxing cadence of breath.
2. Turn your focus to your heart for a gratitude practice. Imagine that your heart is beating with gratitude and warmth. Call to mind someone in the past or present that you feel connected with in a special way. Allow yourself to feel their love as if they were right near you now. Relax into the warm feeling of connection.

Then imagine that these next thoughts are what that person wished for you. Repeat these words in your mind.

- May I be happy and safe.

- May I be healthy in body and mind,
- May my heart know peace.

Say these words again.

Next, bring to mind someone who means a lot to you. Feel the goodness of that special connection, and as you think of them, imagine that person can feel your love and your well wishes.

- May you be happy and safe.
- May you be healthy in body and mind,
- May your heart know peace.

Say these words one more time.

Share that peace and that connection with others as you enjoy your day.

Final hydration break and Perceived Exertion Check