

Class Plan for Matwork for a Beginner



Points to consider

- Focus on a few teaching points, make sure you don't overload the client. Remember they do not need to know all you do just enough to perform the move!
- Leave out the technical talk! Keep your language simple
- Keep the reps low, between 5-8, you could also repeat the move.
- Focus on stability, choose exercises which give a large base of support.
- Always keeping mind why the client is attending
- Keep them MOVING!
- Remember they do not need to get it perfect in the first session-be aware of over-correcting and stifling the movement.
- You will see a lot of bad technique before you see the good!

Exercise	Instruction	Teaching Points	Notes
Body awareness and breath	Lying supine, focus on breathing, taking each breath deeper and fuller Focus on how the body feels on the mat. As you breath in feel a sense of lightness and as you breath out a sense of heaviness as the bones sink into the mat. Breath in and find space in the spine, breath out keeping that space etc	Use this time to observe the client, how they breath, where they hold tension, alignment through the body etc	Add in arm raises, arm lifts out to sides with the breath
Spine rotations	Take arms out to the sides, palms up, knees bent, feet on the floor. Take knees over to one side and return	Only take knees as far as ribcage stays connected	Use support under head if needed Change hand position if palms up too aggressive
Dynamic hamstring stretch	Keeping one leg lengthened, draw other in, holding behind knee. Exhale to extend leg up, inhale to fold back. Keep leg extended, exhale to lower towards floor and inhale to lift up pulling back with hands.	Keep thigh bone still as extend the leg	Use a towel if necessary

Exercise	Instruction	Teaching Points	Notes
100 prep	Draw knees into towards chest and hold behind knees. Using arms curl spine upwards until you feel the head is light and held with no tension. Holding this curve, release arms and hold for as many breaths as can without tension creeping into the neck.	Focus on lifting crown towards ceiling and feel space through the back of the neck and down the spine	
Shoulder bridge- hinge	Lightly pressing through the arms and feet, inhale to hinge at the hips to press up into a bridge. Exhale to lower back to the mat.	Focus on the arms and feet being the point of stability Do not flex the spine Feel the back move as one unit.	
Roll up prep	Draw knees into towards chest and hold behind knees. Using arms curl spine upwards until you feel the head is light and held with no tension. Holding this curve, press the thighs into the hands and roll up to seated. Slowly allow the spine to roll back with control.	Keep the C-curve shape Use the arms and legs to curl up & down.	
Tic toc	One leg lengthened away, foot flexed, other leg bent, knee in towards chest. Take knee across midline and away from the midline	Keep equal weight through the hips Only go as far as ribs and pelvis stay quiet. Keep angle at the knee constant	
One leg circle	From the last move, take the thigh bone in a circle around the hip socket.	Keep pelvis quiet Be aware of uneven length through the waist Stay strong through the supporting leg	

Exercise	Instruction	Teaching Points	Notes
Side leg series	<p>Side lying, bottom knee bent to 90 degrees. top leg lengthened away, foot flexed. Exhale press heel away and feel hip lengthen away and waist lift. Inhale release.</p> <ol style="list-style-type: none"> 1. Kicks forwards 2. Leg lifts 3. Circles 	<p>Focus on rib to pelvis connection. Lengthen away hip to create equal length down the sides of the waist Keep foot parallel Focus on extension of the hip</p>	
One leg stretch	<p>Lying supine, legs lengthened, curl upper body up. Draw one knee in to chest and lengthen. Repeat x5 and switch</p>	<p>Lift from behind the shoulders Crown of the head to the ceiling Slight lift of tailbone Do not let leg drop too low as weight will go onto sacrum not back of waist</p>	
Swimming- upper body only	<p>Lying prone, arms extended, head hovering. Exhale to lift one arm and extend the spine, inhale to lower</p>	<p>Maintain lengthen in low back Lengthen crown of head and tailbone Do not twist or rotate Keep equal weight through the pelvis</p>	<p>Use support under pelvis if needed</p>
One leg kick	<p>Lying prone, forehead resting on hands. Lengthen one thigh bone away and slowly bend heel in. Lengthen and repeat.</p>	<p>Focus on hip extension Only bend knee as far as hip will extend Do not over use the low back</p>	<p>Lengthen leg only if necessary</p>
Rest position	<p>Seat back onto the heels and release</p>		
Mermaid stretch	<p>Seated in cross legged position and side bend over to laterally flex the spine. Press into the floor to increase the stretch with the supporting hand.</p>	<p>Switch legs as change sides Focus on lateral flexion rather than reach Keep a strong gesturing arm Keep weight through sit bones</p>	<p>Change position if necessary</p>