

zen  ga®

Programming Guide

A synergistic blend of Pilates, Yoga and Dance for a restored and resilient body.





ZEN•GA® is a unique mind-body modality that fuses elements of Pilates, yoga, martial arts and meditation into a series of flowing movements that emphasize the breath and strengthen both body and mind. Using props and equipment, these accessible workouts are playful yet powerful, emphasizing smooth transitions, intention of the movements and focusing on the personal physical effects of movement paired with deep breathing. The gateway to a mind-body practice, ZEN•GA is designed to stimulate the fascial system and build endurance, strength, mobility and stability while cultivating a greater sense of physical awareness that extends beyond the workout experience.

Instructor Foundation Course

ZEN•GA is a teaching modality that consciously connects the body and the mind through innovative programming. This evolved methodology is a synthesis of movement applications that have been used for many years, along with information that is only recently being brought to the forefront. Throughout the work, the power lies not only in the movement itself, but rather on a purposeful intention while we move. Through intention and imagery, ZEN•GA unleashes the body from tension and brings more clarity to the mind. Assorted props are used to support the body and create a focal point to direct the breath, allowing for more fluidity and ease in the physical body.

Mat, Level 1

The ZEN•GA Mat Course helps us explore the foundational principles that make up the method and apply them to movement programs designed to help reach the desired goals. This is a seven-hour in-class training (plus one-hour break), and some yoga or other mind-body training is highly recommended.

Equipment, Level 1

The Equipment programs created through the ZEN•GA approach to movement allow utilization of the unique quality of spring resistance. The coiling and uncoiling quality of the springs creates more fluid muscular contractions, and a more resilient body. The ZEN•GA Equipment Course explores the principles that make up the method and applies them to movement programs designed to reach the desired goals. This is a seven-hour, in-class training (plus one-hour break), and some yoga or other mind-body training is highly recommended.

PREREQUISITE: These courses are intended for those already working in the fields of fitness or movement or anyone with an interest in developing the related skills. There are no prerequisites, although a history of participation in fitness or movement is highly recommended. All participants in the course are issued a letter of completion and granted an Instructor qualification.

Foundation Course Objectives

1. Explain the origins of ZEN•GA and be able to define what it is.
2. Summarize the ZEN•GA principles – Breath, Support, Yield, Flow – and explain how they are incorporated in movement.
3. Teach a ZEN•GA Foundation class to any level participant.
4. Effectively teach ZEN•GA programming to a client at any level.
5. Explore foundational movement patterns and the fascial system through movement.
6. Experience programming ideas that bring the principles to application.

Mat, Level 1

Continuing Education Credits

0.7 STOTT PILATES and other organizations

Equipment used in this course

Mat (Yoga or Pilates), Flex-Band® (regular strength), 7.5", 10" and 12" Mini Stability Ball™

Equipment, Level 1

Continuing Education Credits

0.7 STOTT PILATES® and other organizations

Equipment used in this course

V2 Max Plus™ Reformer, Vinyasa Triangle, Jumpboard, Padded Platform Extender, 10" and 12" Mini Stability Ball™

Instructor Workshops

RECOMMENDED: Instructors can complete ZEN•GA® Workshops to receive further programming content and choreography that is not covered in the courses. All workshops below are two hours in length and provide CECs from STOTT PILATES® and other organizations.

Please note: Taking workshops alone without participating in the Foundation Course will not result in ZEN•GA Instructor Qualification.

ZEN•GA Mindful Movement: Breathing Workout

This mindful-movement workout is based on the foundation that proper breathing is the key to a healthy, nourished and vibrant body. The breath is used to activate movement from the inside out so concentration can be focused on optimizing the core connection and mobilizing the spine, hips and shoulder girdle. The exercises presented incorporate the Mini Stability Ball™ and aim to improve posture, relieve the body of negative tension, and strengthen the core.

ZEN•GA Fluid Conditioning with the Mini Stability Ball™

Bring an element of composure to any group or personal training environment with this workshop. By combining balance, strength and fluid mindful movement, this dynamic workout includes sequences that flow gracefully from one to the next. The Mini Stability Ball brings awareness to the deep stabilizing muscles of the body throughout this flowing workout and encourages focus on core connection and peripheral suppleness.

ZEN•GA Flowing Sequences

Develop the grace of a dancer and the power of a warrior with this mindful workout combining elements of movement and flow with a deep awareness of connection and control. This session promises to increase circulation, stimulate the central nervous system, and improve flexibility while strengthening the mind-body connection. The fluid, floor-based sequences feature a greater focus on core strength, balance and coordination.

ZEN•GA Power & Strength

Experience first-hand how the Mindful Movement Principles of the ZEN•GA method are explored in a routine that brings calm and peace to the mind, and strength and control to the body. This challenging mat-based program includes all components of fitness training — the pace revs up the cardiovascular system, the fluidity of the sequences enhance flexibility, and the controlled stationary holds result in improved total-body strength and vitality.

ZEN•GA Fascial Fitness: Exploring Arm Lines

Many believe the myofascial lines act as global tension complexes that stabilize, transmit forces, preserve joint integrity and allow for coordinated movements throughout the skeletal frame. The Arm Line Exploration uses the four arm lines as a map to understand these myofascial continuities, to stimulate awareness of the three-dimensional structures and to “see” or sense the arm lines experientially. Included is a dynamic Flex-Band® workout designed to further build on the concepts.

ZEN•GA Intro to V2 Vinyasa Flow on the Max Plus™ Reformer®

Perfect for those beginning their mindful journey or those looking to refine their mind-body connection, the flowing sequences are invigorating and revitalizing for all levels of fitness. The application of the ZEN•GA Mindful Movement Principles to sequenced exercises on the Merrithew Reformer, helps build strength, endurance and flexibility of the entire body. Spring-loaded resistance is used to condition the neuromuscular and neuromyofascial systems and introduce the body to the flowing movements and static holds. The Vinyasa Triangle™ provides ergonomic support and facilitates a unique series of exercises. ZEN•GA programs are designed to increase stamina, stability, resilience and fortitude through the practice of breath and embodiment.

ZEN•GA V2 Vinyasa on the V2 Max Plus Reformer, Level 1

This innovative program offers a unique application of the ZEN•GA Mindful Movement Principles, resulting in an innovative fusion workout that focuses on clarity of the mind, core strength, stability and stamina. Working with spring-loaded resistance of the Reformer, and the new Vinyasa Triangle, this exciting program trains the neuromyofascial web to strengthen and bring more resiliency to the body.

ZEN•GA V2 Vinyasa on the V2 Max Plus Reformer, Level 2

Enhancing upon positions in ZEN•GA V2 Vinyasa Level 1, this workshop increases the demands on the neuromyofascial system, improving strength and stamina. This program incorporates the ZEN•GA Mindful Movement Principles into a unique routine, focusing on fluidity and stability of the joints and clarity of the mind. Coordination and strength are challenged with longer static holds against the Reformer's spring resistance, resulting in overall improved fitness.



Experience ZEN•GA, go to
merrithew.com/zenga

leaders in mindful movement™



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