



The Zen**Fitness30** Method

WITH **JULIET KASKA & DR. JIM NICOLAI**

— Presented by —



WALK.
MOVE
LIVE



THE ZENFITNESS30 METHOD

Vionic has partnered with integrative medicine practitioner Dr. Jim Nicolai and fitness expert Juliet Kaska to bring you ZenFitness30, a thirty-minute workout designed to energize your mind, body and spirit. This invigorating program is a great way to begin your day, and can serve as a complement to your existing routine.

Juliet begins the program with active stretches designed to lengthen you like a dancer, develop your core like a Pilates Pro, get your heart pumping like an athlete and calm you like a Yogi. Juliet's portion of the ZenFitness30 will leave you both energized and grounded, seamlessly guiding you into a breath walk exercise by Dr. Jim Nicolai.

Dr. Nicolai draws from an ancient Kundalini yoga technique in his breath walking practice, emphasizing movement as a vehicle for meditation. Mastering control of your breathing can help to quiet the mind and limit distraction, while remaining mobile deepens the connection to the body.

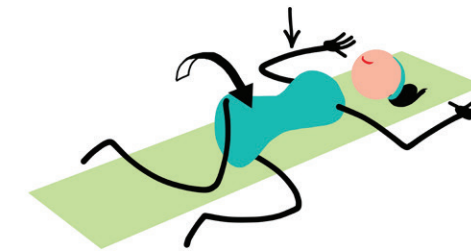
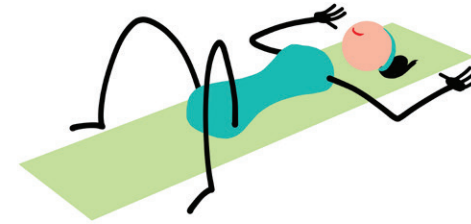
This booklet provides an excerpt of the ZenFitness30 method you'll be practicing today. Visit VionicShoes.com/zenfitness30 in November for exclusive press-only access to the full routine, debuting to the public in January 2016!

YOUR PRACTICE

ACTIVATE

The routine begins with an invigorating sequence synchronized not to music, but to your heartbeat. As your heart rate begins to rise you will find yourself activating your core muscles more deeply, grounding yourself and finding a physical source of power. Each exercise is moved in sync with a deep four counts in and four counts out of Ujjayi breath.

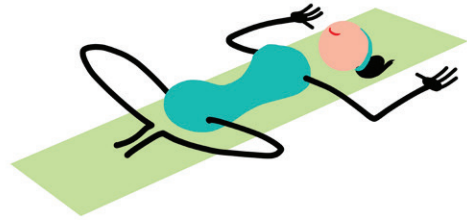
WINDSHIELD WIPERS



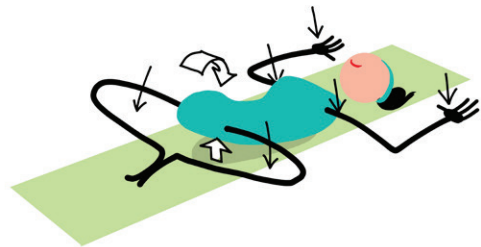
- Lie on your back with your feet flat on the ground just outside of your mat.
- Place arms out to your side in “cactus arms” (90 degrees at the elbows) with the palms facing up. Keep a constant and active stretch in your chest and shoulders by drawing your ribs down with your abs, your belly button pulled to your spine and your shoulder blades firmly pressed into the ground, as you work the back of your wrists and hands firmly into to the ground. Maintain this posture.
- Tuck your pelvis so that the small of your back is firmly pressed into the ground, activating your lower abs and stretching your lower back. Maintain this posture.
- Take a four-count inhale to lower both legs to the right. Engage the abs deeper as you take a four-count exhale to bring the legs back to center. Repeat on the other side. Repeat four to six times per side.

TRAINER TIP: Press the opposite arm more heavily into the ground for leverage.

BUTTERFLY STRETCH & LIFT SERIES



- Lie on your back, with your heels together and your knees apart in butterfly pose (Baddhasana).
- Place arms out to your side in “cactus arms” with the palms facing up. Keep a constant and active stretch in your chest and shoulders by drawing your ribs down with your abs, pulling your belly button in toward your spine and pressing your shoulder blades, hands and wrists firmly into the ground.



- With the same intensity, press the outside of your thighs towards the ground for four counts and release for four counts. Repeat five times.
- Next: Tuck the pelvis. Hold the tuck as you lift the hips up off the ground, while still actively stretching the outer thighs toward the ground. Imagine keeping the lower back elongated, lifting for four counts and lowering for four counts. Repeat five times.
- Next: Interlace your hands behind your head. Take four counts to lift your head, arms and shoulder blades off the ground while simultaneously pressing the outer thighs down towards the ground. Repeat ten times.

TRAINER TIP: *Squeeze the hips up even as you are lowering them back to the ground.*

GO DEEPER. LIFT HIGHER.

Drawing from this core power activation, Juliet transitions you from the active stretch series on the floor to your feet for a standing series to both balance and energize you for the day ahead.

THIGH EXTENDERS



- Sit up tall with your left leg extended straight out in front of you, pressed into the ground with toes pointed.
- Bring your right thigh in toward your torso wrapping your hands around the back of the leg.
- Sit up very tall and maintain that height as you extend the leg straight out from the knee, not allowing the lower back to round. Use your arms to assist in holding you up tall. Attempt to grow taller each time you extend the knee. Repeat twice with both feet pointed and twice with both feet flexed.
- On the last extension, hold the leg up with a flexed foot and slide your hands to the top of your foot (use a towel as a arm extender if your hamstrings are tight). Flex your foot further, guiding with your hands. You will feel a deeper stretch in your calf and hamstring for the full four-count inhale and four-count exhale.

THIGH EXTENDERS CONTINUED

- Maintain the height of the leg as you release the hands and roll your lower back toward the ground on a four-count inhale. Only go as low as you can while maintaining the exact height of the leg. Take a four-count exhale to scoop the abs in and roll yourself back up. Slide the hands to the top of the foot and pull the leg into a deeper stretch for four counts again. Repeat twice.
- On the last roll-down hold at the bottom for your full four-count exhale. Now keep the upper body steady as you lower your leg to the ground with a flexed foot. Point the foot as you bring the leg back up. Four-count inhale to lower, four-count exhale to bring it back up. Repeat two to four times, never letting the upper body move.
- After the last one roll back up on the exhale and transition to the other leg.

Trainer Tip: *Each time the leg lower draw the lower abs in deeper.*

ROTATED RUNNER

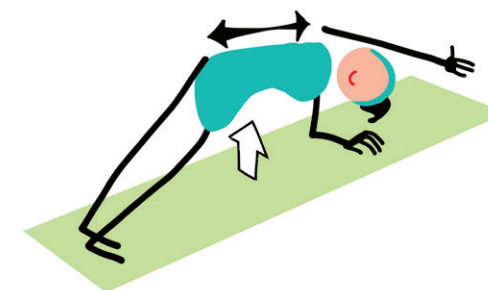
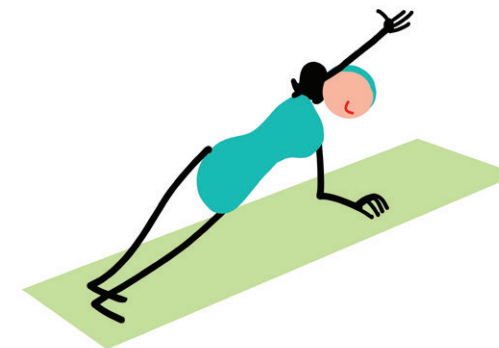


- Start in a kneeling lunge with right leg forward and left leg back.
- Hold your towel in both hands, with arms extended straight up overhead. Pull the towel “apart” from the back and tricep muscles. Keep this activation throughout the entire move.
- Drop your tailbone down towards the ground and your pelvis under. On a four-count exhale, rotate your torso to the right, keeping your arms, shoulders and head in alignment. Take the full four-count inhale to return to center. Repeat twice.
- Keeping your arms overhead and your tailbone down, engage the left buttocks until you feel a light stretch in the front left thigh and hip flexor. Now lunge forward as deep as you can (the knee may go past the toes), and feel a deeper stretch in the left thigh and hip flexor, as you press the arms further back behind you. Take a four-count inhale to move forward and a four-count exhale to return. Repeat four times.
- Switch to the other-side and repeat entire series.

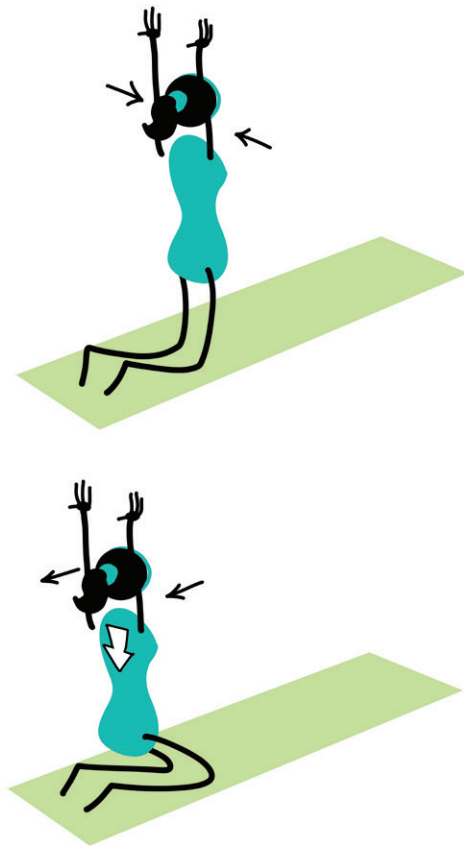


RAINBOW SIDE EXTENSIONS

- Set yourself up in a side plank position (lower to your forearms for an easier variation) on your left arm, with your feet stacked.
- Extend your right arm overhead and directly in line with your ear, your palm turned towards the wall behind you (pinky side down, thumb side up).
- On the four-count exhale, stretch and lift your right waistline up towards the ceiling as your reach your right arm towards the ground. Your body should look like a crescent, or rainbow. You will feel a long stretch from the outside of your right hip, waistline and lat muscles. Hold for two cycles of breath.
- Repeat this sequence twice, lifting and holding twice.
- Lower to the ground. From the ground with your knees bent, lateral bend the opposite direction, and you’ll feel a small stretch on the left side-body. Hold for one cycle of breath.
- Lift back up to the Rainbow position. Keeping your hips stacked and forward, slide your right leg back until the inside of your right foot is resting on the ground. Note if you have very tight hip flexors your foot may not touch the ground (yet!). You will still get the desired benefit while letting the leg hang behind you, aiming it towards the ground. Hold this position for two to four cycles of breath, keeping a long extension from the top arm to the top foot, with the hips staying stacked.
- Lower to the ground. With knees bent, lateral bend in the opposite direction for one cycle of breath. Repeat entire series on the other side.



BUTTOX LIFT



- Kneel on your shins with your legs hip width apart, your arms turned in and reaching up towards the ceiling. Pull your biceps in towards your head without allowing your shoulders to crawl up towards your ears. Continually press the arms back towards the wall behind you.
- With your core strong and your pelvis in neutral position, sit your hips back towards your heels. Hover above your heels—do not rest on them. Take the four-count breath to lower and four counts to lift. The lower your hips go the harder it will be to keep you arms up and pressing back. Repeat ten times.
- With your arms in front of you, your torso and thighs in a straight line, hinge back at the knees on the four-count exhale and four-count inhale to return. Repeat 10 times.





GET MOVING

The goal of breath walking is to take strong, purposeful strides and walk in rhythm. The beauty of the practice is that it can be done anywhere—on a busy street, on your way to work, or even in a crowded mall. You don't need any tools, just a few tips and tricks, outlined below.

FUNDAMENTAL RHYTHM

Breath walking follows a fundamental rhythm of four short segmented breaths in, one after another, followed by four short segmented breaths out. These breaths should be in time to your steps as follows: in-in-in-in | out-out-out-out.

STAIR BREATHING

The breaths in should come in through the nose and out through the mouth, taking a step forward on each in-breath and each exhale.

THE WAVE

Periodically, you may alternate Stair Breathing with this fluid 4-in-4-out pattern. There is no start or stop to the breath, but rather a fluid transition from inhale to exhale. With this method, your steps can flow naturally to mimic your breathing.

MUDRA

Also known as finger-tapping, Mudra involves touching your thumb to a different fingertip on each breath, helping to increase focus and concentration.

MANTRAS

Uttering a mantra can also work to short-circuit the self-talk that is usually active and ongoing in our minds. A mantra can be a sound, syllable, word or phrase that is used in such a way as to consciously create change or transformation.

WALK.
MOVE. LIVE.

ABOUT JULIET KASKA



A balanced, well-functioning body looks as good as it feels, which may be why Juliet Kaska has been a sought after Hollywood trainer for over a decade. As one of the country's leading fitness experts, celebrity trainers, and fitness entrepreneurs, she has worked with Kerry Washington, Pink, Gerard Butler, Stacy Keibler, Kate Walsh, Ali Larter, Sting, and numerous models including Karlie Kloss and Lily Aldridge.

Juliet is trained and certified in multiple disciplines, making her workout programs both diverse and innovative. She is certified as a Second Generation Master Pilates Teacher and has received dual-certification as a personal trainer from the American Council on Exercise and the National Academy of Sports Medicine. Juliet also trained with Yoga guru Dharma Mittra.

In 2005, Juliet opened Emerson Hall Fitness (EHF) in West Hollywood, CA, which quickly became the most sought after boutique gym in the Los Angeles area. She then launched her brand JK Zen Fitness, with partnership locations throughout LA.

JulietKaska.com

ABOUT DR. JIM NICOLAI



Jim Nicolai, M.D., is the former Medical Director of the Integrative Wellness Program at Miraval Resort and Spa, one of the first interactive integrative wellness programs of its kind at a destination spa resort. He is a board-certified family practitioner and a graduate of the Integrative Medicine Fellowship at the University of Arizona in Tucson, under the direction of Dr. Andrew Weil. A graduate of the Indiana School of Medicine, Dr. Nicolai completed his family practice residency at St. Francis Hospital & Health Centers.

Dr. Nicolai has a special interest in whole-person medicine, addressing patients as mental and emotional beings, energetic and spiritual entities, and community members, as well as physical bodies. His expertise is in combining conventional medicine with the intelligent use of complementary and alternative therapies, including herbs and other botanicals, vitamins and supplements, nutritional counseling, lifestyle management and stress reduction.

Dr. Nicolai's published Integrative Wellness Rules: A Simple Guide to Healthy Living in 2013. In it, he details strategies on how to eat better, choose the vitamins and supplements that are best for you, manage stress more effectively, and get in touch with your spiritual side.

DrJimNicolai.com



SUPPORTING NATURAL ALIGNMENT,
FROM THE GROUND UP