



Audio Master Class: Guest Instructor
The Guru in the Mountains
A Mind-Body Journey

Created by: **Juliet Underhill**
Training type: **Mind-Body, Climbing**
Class length: **60 minutes**

Profile description

This profile is a journey that travels up the side of a mountain, crosses a steep ridge, and, after a short descent, crosses a relatively flat plateau. Then it's back to climbing with a steady ascent to the very steep summit. After the summit, we decrease our load and have a few minutes of riding bliss. The profile is relatively simple; the real work is taking place in your riders' heads.

Objective

The objective is to gain the riders' trust so that they are willing to participate in this "journey" ride. You will describe the challenging terrain through visualization, imagining a quest to reach a guru in a high mountain temple. Riders will have to let go of judgment and open their minds and hearts to take on this physical, mental, and perhaps even emotional challenge.

The Scary Part

As instructors, the scary part is the fear that our riders won't want to participate in a mind-body quest such as this. We all dread the student that rolls his eyes, sits up, and crosses his arms over his chest. While you can never control someone's response, you can mitigate that possibility by making it known in advance that this will be a *special* class, that they should expect something different from a regular strength or climbing class. Announce to your regulars that you will be taking them on a mind-body journey that will be unlike any other class they've probably ever taken.

My gym added a Facebook post to promote the class as a special event. I wanted to make sure people did not come in and face an unexpected surprise.

But what if? I did have the experience of a rider sitting up and crossing her arms with a sour attitude! She was not willing to participate, but I could not let that rattle me because I had a full class of riders who were actually enjoying the experience of the mind-body connection. You must not let a person who won't engage ruin it for all the others.

Coach yourself in advance to focus on the vast majority who *will appreciate* what you are doing. Many of the cues you are giving to your riders about focus and concentration should also be taken to heart by the instructor. Every time you give a cue about mental strength or focus, find the encouragement for you, the instructor, within each motivational cue. If we can't take our motivation to heart, how can we expect our riders to take it in?

Guru in the Mountain

1. Bali Bells, Nainita Desai, 2:18, 126 bpm

Warm up, starting on flat road, adding resistance gradually.

*Today's ride is a "journey ride" to seek a Guru in the Mountains. I am not going to be explaining physiology or strength techniques. Today I want to take you somewhere in your head, so I need you to **agree** to be open to joining this journey.*

*Our ride starts out on a flat road and quickly gets steeper as we have to cross a high ridge of mountains. Next we will cross a high plateau, and finally we'll climb high up into the mists to reach the summit where the Guru in the lies. As you ride, you can start formulating a question you would like to ask of the Guru, and we might even find some **enlightenment** along the way.*

2. Resham Firiri (Way to Annapurna Base Camp), Shayam Sharan Nepali, 5:13, 96 bpm

Warm-up continues, focusing on preparation for the working phase of this ride. Continue bumping up resistance so that you can smoothly ramp up to a real road resistance under your wheels.

This song is a traditional Nepali trekking song. Close your eyes and let the jitters of preparation work their way out so that you can feel more relaxed and deeply seated on the bike. Let the sensation of anticipation flow through your body. There is a mix of excitement, a little anxiety, and a whole lot of eagerness. It's OK to let go! Roll your neck, relax your shoulders, and find your legs. We are going to an exotic location on an epic quest. Calm your breath, let go of any anxiety, and open yourself to the journey.

3. Trans Balkan Express, Omfo, 4:03, 108 bpm

Add a little resistance each minute. In this segment, you will cue your riders to sit, then stand up and "ride" in the aisle, alternating every 30 seconds or so throughout the song, as they seek a seat on the train. When seated, surge the legs a little bit; when standing, slow them down.

The first leg of our journey starts on a train. This is a third-world train (it surely is not the Eurostar or Orient Express)! We stand up to board the train and start to work our way back through the cars to find a seat. Let's have a seat. You notice a tiny elderly lady coming down the aisle with a huge pack on her hunched back. Let's do the right thing and give her our seat. We can find another seat farther back on the train.

This train is full of colorful characters, people chattering in foreign languages, and even a few chickens! We find a seat again; keep the pedal strokes nice and smooth. Ride in time with the sound of the train. Let the energy of the train and

*warmth of the other passengers encourage you to become a **temporary local** during your journey. Remember! Be open to every experience on your quest.*

4. Good Life, One Republic, 4:13, 95 bpm

Seated climb, adding resistance at the beginning and at 2:00

*Now we are going up in elevation through mountain passes and chilly mists. We finally find a seat to ourselves and we have a little time to reflect. Find some **quiet** in your head. Look out the window and take in the views.*

*What is the question you would like to ask the Guru? What is the **truth** behind your quest? What does the “good life” mean in your own life? What are your hopes for “good” or enlightenment that will come from this quest?*

*As you ponder these questions, continue with that steady climbing pace. The world outside your window is peaceful and sparkling. Let this amazing land imprint itself in your memory. It is the **perfect** day to make this pilgrimage.*

5. Eastern Secrets, District 78, 3:36, 110 bpm

Alternating seated climb with standing climb, increase resistance each minute.

*Time to disembark from the train and start the steeper sections of the journey to seek the Guru in the Mountains. The journey requires effort, struggle, and intense concentration. Be **honest** with that resistance and intensity.*

*Anything worth doing is worth doing well. Remember, you are on a **quest!** You have an **agenda** today! Ride with power and grace.*

6. Himalaya, Scorched Score Music, 2:00, 87 bpm

Increase resistance to a very steep climb and rise out of the saddle for the whole 2 minutes of this song.

We have to clear the top of this ridge. We are doing this as a team. We are clipped together on the same safety line—no one gets left behind. We must function as a unit.

Where are your thoughts? The Buddha said, “The mind is everything. What you think, you become.”

The ledges are little more than goat paths and we don't look down because the steep drop will give you a sense of vertigo. You must stay focused and push to the top. This is daunting!

7. Asia & Passion, Marga Sol, 4:15, 115 bpm

Seated climb, decreasing resistance each minute.

Starting our descent. Don't allow your intensity to go careening down ahead of you. We are working down the other side of the crest but every step (pedal stroke)

must be strategic as we cope with skree fields. Skree is flat, pebbly flakes of rock that can slide from under your boots and sweep you down the mountainside. This is a working descent! Keep that intensity up by keeping a nice quick pace. Descents are harder and more technical than climbs.

8. Kara Kum (Radio Edit), Banco de Gaia, 4:50 (edited to 4:00), 115 bpm

Working flat, standing up as needed to stretch legs or rev up intensity for short bursts.

We have a rest stop ahead but the Sherpas and the yaks are getting ahead of us because they are used to the altitude and mountain terrain.

Now we have a quick hike across a high, flat plateau. You are still rolling through your thoughts about what you should ask the Guru in the Mountains. You can come up for a few little bursts of speed to catch up. Don't lag behind! Don't get lost in your head.

The wind is blowing in your face and that headwind means you have to push through, even though the plateau is relatively flat.

9. Hope, Shaggy, 3:48, 101 bpm

Recovery; unload resistance

Rest your legs. Refresh your body. Refocus your thoughts on the journey ahead. In this part of the world, local people tie up strings of colorful prayer flags to catch the eye of the Gods so that their prayers might be noticed. Imagine the prayer flags fluttering in the cold mountain breeze.

*What is it that you are hoping to gain from this quest? There has to be a **reason** for your journey. There is a reason you came here today. You aren't just chasing fitness; you are ready to take it higher. Your journey is about **so much more**. Recommit to completing this quest.*

10. Last Train to Lhasa (Radio Edit), Banco de Gaia, 3:47, 81 bpm

Add resistance to get back onto a moderate climb, alternate seated and standing climbs every minute. Invite them to close their eyes to help them visualize the mountains.

We started our journey on a train and if you look way down below, you can see that same train leaving. It is the Last Train to Lhasa. We are watching it push through the mist and clouds as it hugs the mountainside.

The sound below echoes and bounces off the rock faces. Where is that driving sound coming from? It invades our heads and pushes us higher. Grab that sense of power and purpose that drives the train through the mountains.

When you give the cues about the sound echoing and bouncing, you might actually see your riders tipping their heads this way and that, trying to listen to the echoing train whistle. Now you know they have bought in! They really are experiencing the journey.

11. Gayatri Mantra Shuffle, Adham Shaikh, 5:59, 112 bpm

Tempo climb in the saddle. Adjust your resistance so that you are in a moderately hard working intensity just below threshold. Increase resistance slightly at 2 minutes and 4 minutes.

*Now we climb through a lonely, desolate part of the landscape. This song and the rhythm of the climb turns this into a **Moving Meditation**. Disconnect from the physical and focus on the mental. Turn your thoughts inward. Your body knows what to do but sometimes you just need to get out of your own way.*

In some meditations you are supposed to visualize a lotus with a thousand petals in a spiral pattern. Let's visualize our pedal stroke as a tiny light that floats away as we pedal. It becomes that spiral floating ever outward like ripples on a pond.

Stay relaxed and allow the energy to flow into your body through your breath then down to your legs. Remember, it is OK to just let go.

12. (The Forgotten People), Thievery Corporation, 3:11, 98 bpm

Climb again; start seated, then stand the second minute, then sit back down to a harder climb. Increase resistance each minute.

We have come to the point in our journey that we must unclip from our safety line. We stay together but we ride on our own. Don't change your form but just engage the muscles.

*Sir Edmund Hillary said, "It is not the mountain we conquer, but ourselves." Keep driving! You **need** to complete this journey and see the Guru in the Mountains. You are **not** willing to turn back now.*

"Do or do not. There is no try."—Yoda

13. Kashmir (feat. Slash), Escala, 3:24, 81 bpm

Riders' choice; keep the resistance very heavy. Your riders can move in or out of the saddle as they like.

We start our final climb to the temple of the Guru in the Mountains. We say goodbye to our Sherpa and face the final leg alone. This is your journey, your quest. This journey is a metaphor for any struggle you face.

You arrive at the temple, just below the summit. Enter with reverence; you are seated at the feet of the Guru. Ask your question privately and receive the blessing from the Guru.

As the Dalai Lama says, "Our own brain, our own heart is our temple."

14. Vishnu, E.S. Posthumus, 3:38

Continuing to climb, with the maximum resistance that they can manage with good form and still stay close to 60 rpm. This short song is about maximum force, perfect form, and intense concentration.

We have spoken to the Guru and now we have just a little farther to go to reach the summit. We are in such a Zen space that struggle seems to take place outside of us. Our mind is calm and confident.

This summit is viciously hard but let yourself flow. You are in peak form. I am asking you to accomplish something extraordinary today. You will be at the rooftop of the world!

15. Sunshine, Matisyahu, 3:34, 100 bpm

Riders' choice again, but the resistance is reduced to a point where the rider feels strongest, where he is riding at his most powerful and experiences *bliss* on the bike after the very heavy climb.

The clouds part and we see the whole mountain range below us. The mighty Himalayas! Let's enjoy our moment at the summit.

16. Marco Polo, Loreena McKennitt, 5:19, 84 bpm**17. Hair dance, Mako Sakamoto & Jesper Mattsson, 4:18, 75 bpm**

Cool down, unload resistance, stretch.

*Enjoy the golden sunshine, the light that comes from within you. **BLISS OUT!** You have completed your quest! You are a champion.*

You will take this journey with you, take it out of class and continue to enjoy the bliss, the glow of success all day long.

18. Gorka, Imade Saputra, 2:12, 96 bpm

Post-class music. Thank members and absorb the joy of overcoming your own fears while inspiring your students to greatness and enlightenment.

Guru in the Mountains

Quick Profile

1. **Bali Bells, Nainita Desai, 2:18, 126 bpm** Start warm-up.
 2. **Resham Firiri (Way to Annapurna Base Camp), Shayam Sharan Nepali 5:13 96 bpm.** Continue warm-up, slowly adding R to smoothly ramp up from flat road to a shallow incline.
 3. **Trans Balkan Express, Omfo 4:03 108 bpm** Fast flat/seated flat 30 seconds each alternating for 4 minutes.
 4. **Good Life, One Republic, 4:13, 95 bpm** Seated climb, add R at the beginning and at 2 minutes.
 5. **Eastern Secrets, District 78, 3:36, 110 bpm.** Alternate seated/standing climb 1 min each, increase R each minute.
 6. **Himalaya, Scorched Score Music, 2:00, 87 bpm** Increase R to a very steep standing climb.
 7. **Asia & Passion, Marga Sol, 4:15, 115 bpm.** Decreasing R each minute seated climb.
 8. **Kara Kum (Radio Edit), Banco de Gaia, 4:50 (edited to 4:00), 115 bpm.** Working flat, stand up as needed to stretch legs or rev up intensity for short bursts.
 9. **Hope, Shaggy, 3:48, 101 bpm.** Recovery, unload resistance.
 10. **Last Train to Lhasa (Radio Edit), Banco de Gaia, 3:47, 81 bpm.** Add R to get back onto moderate climb. Alternate seated/standing every minute.
 11. **Gayatri Mantra Shuffle, Adham Shaikh, 5:59, 112 bpm** Tempo climb seated. Adjust R so that you are working at approx 80% RPE. Increase R slightly at 2 minutes and 4 minutes.
 12. **(The Forgotten People), Thievery Corporation, 3:11, 98 bpm** Alternate seated/standing every minute, increasing R each minute.
 13. **Kashmir (feat. Slash), Escala, 3:24, 81 bpm.** Riders' choice. Keep R very heavy; riders can sit or stand as they like.
 14. **Vishnu, E.S. Posthumus, 3:38** Standing, finish final climb to summit.
 15. **Sunshine, Matisyahu, 3:34, 100 bpm** Riders' choice. Invite riders to reduce R to the point where they feel that they are riding at their most powerful and they can choose their strongest position. You want them to find their bliss on the bike after a heavy climb.
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- Cool down, unload resistance, stretch, thank members.