



## EMOTIONAL FITNESS: STACEY LEI KRAUSS

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In her 2012 TEDTalk, Amy Cuddy taught us that body language can be used to increase self-confidence. Some postures are so powerful that they can augment our body chemistry in less than 3 minutes! In this session, you'll examine the evidence based research behind these power postures and then experience a strong, sweaty workout that will help you become more courageous and self-assured. As a movement coach equipped with this information, you will have even greater potential to neurologically and chemically improve your client's self-esteem!

**You already know that the mind body connection is critically important.**

**Now are you ready to take your fitness to the next dimension?**

$$MQ + IQ + EQ =$$

SELF-CONFIDENCE  
SELF CONTROL  
COMMITMENT  
DECISION MAKING SKILLS  
GOAL SETTING

PROBLEM SOLVING  
TENACTIY  
DETACHMENT  
INCREASED POSITIVE OUTLOOK  
GRATITUDE + GRATIFICATION

**Signature Series.** The Cardio Yoga signature series has a 20-year, global track record. Based on rhythmic, flowing functional exercises, our signature series was developed as a hot sweaty, challenge for fitness athletes, as well as a safe starting point for the less conditioned.

### **The Science of Body Language.**

Research indicates that posture and gesture have deep ties to our intellect and emotions.

### **The Science of Foot Fitness**

Steady posture, muscular endurance, flexibility and neuro-muscular awareness all begin at the feet! We believe that conditioning the feet is an important component of all exercise disciplines. We've been building feet fit for nearly 20 years and know how to keep you safe, interested and involved.

**Repetition produces Results.** Maintaining simplicity within our physical choreography allows students to refine their skill level and quality of movement. The confidence that develops with physical understanding of the movements eventually shifts to an inward direction to yogic philosophy; toward self-awareness and reflection.

**The Tradition of Yoga:** Yoga is the harnessing of the body, breath (energy), mind and emotions - and is said to be a pathway to our Truest Self. Becoming self-assured, sure-footed and confident sounds like a smart pathway, doesn't it?

### **OUR NEW ONLINE TEACHER TRAINING PROGRAM PLATFORM LAUNCHES SPRING 2019.**

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