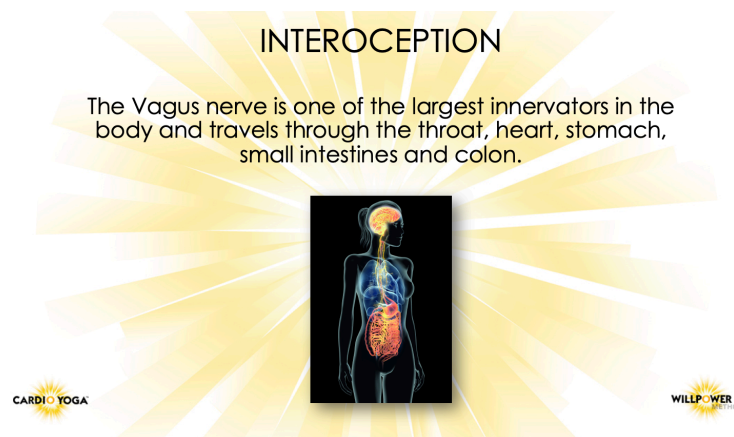




THE BALANCE OF SELF-CONTROL: STACEY LEI KRAUSS

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You already know that your core is the center of physical power. In this session explore how you can ignite your "Fight or Flight" system while simultaneously triggering your "Rest and Digest" system. Learn about your Solar Plexus and Vagus Nerve; and how to use this pair of innervators to reduce physical and emotional stress. Prepare for a workout that is a combination of smart cues, strong flowing exercise and focused breathing techniques to help your clients become "The Calm in the Storm". This session may have a major impact on all of your workouts - and change the way you look at fitness - forever!



Central Nervous System (CNS): (5, 7, 8 senses) receptors + processing = response

FIGHT OR FLIGHT: CNS: sympathetic **REST & DIGEST:** CNS: parasympathetic

Solar Plexus: a complex of radiating nerves of the sympathetic system at the pit of the stomach.

Vagus Nerve: the tenth cranial nerve CNX parasympathetic control of the heart, lungs, digestive tract +++

YOUR BODY, YOUR HOUSE. LET'S PLAY: Ancient yogic texts describe a collection of layered "sheaths" or dimensions that move us to our most authentic Selves. Using fitness as a practical entry point, and medium for practice, lets consider all the work that can be done to enhance our lives "off the mat."

OUR NEW ONLINE TEACHER TRAINING PROGRAM PLATFORM LAUNCHES SPRING 2019.

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