

EAT. PLAY. LOVE. *Live*  
YOUR BODY. YOUR LIFE. YOUR RULES

## How to PLAY [Made Simple]

# Here's What We'll Be Covering

## ★ (Re)Learn:

A new way of thinking (Plus the why-behind-the-what).

A new strategy (because the old one is NOT working for you)

## ★ (Re)Con:

Exploration as it relates to YOUR life and circumstances so you can gain the awarenesses you need moving forward

## ★ (Re)Do:

Try Out This NEW Recipe (once you try it you won't go back)

# What We Learned...

- ★ The 'weight loss' mentality (move more...harder, faster, more)
- ★ How to count calories, steps, reps, and purposefully 'exercise'
- ★ How to punish our bodies, 'work out', obsess over our bodies
- ★ How to ignore our bodies in favor of 'weight loss'
- ★ How weigh our bodies, compare our bodies, measure our bodies
- ★ A skewed version of healthy (more intense = good, less intense =bad)
- ★ That learning how to control yourself is the solution

# What We Never Learned (or Forgot)

- ★ The 'self care' mentality (stress less, influence YOU)
- ★ How listen to our bodies, listen to our intuition, get to know our body
- ★ How to enjoy movement, how to play, how to use movement as therapy (not punishment), experience pleasure
- ★ How to care for our feelings, rather than "numb or distract our feelings"
- ★ That oftentimes that typical 'weight loss' methods are the OPPOSITE of healthy to the brain and nervous system.
- ★ That there is no 'good' or 'bad' (right/wrong)(should/shouldn't) when it comes to your body. It comes back to how you want to FEEL.
- ★ An accurate version of healthy (based on what your brain considers healthy)
- ★ How to influence YOU...and in turn your body

This Master Class is all about PLAY  
(and experimenting in your body)

The Theme Throughout:  
**BODY FREEDOM**  
(Through Connection!)

# Let's face it. You don't feel good when you:

- ★ Constantly think about what you DON'T like about your body or what you wish you could change
- ★ Mad at your body. Frustrated with what you can't wear or can't do.
- ★ Feel really out of 'control' when it comes to your body
- ★ Feel really DISconnected from your body – like you and your body are living as two separate entities.
- ★ Aren't moving your body. Not even *just* for weight loss– just to get your blood flowing and those endorphins pumping.
- ★ Feel like your body is that “one thing” keeping you from loving your life.
- ★ Feel like you are in more of a “body prison” than “body freedom”

# Control vs. Influence:

- ★ Again, the common thoughts are: “I wish I had more control (or could make myself do that)”
- ★ THAT is a ‘losing game’...because you can’t possibly control every thing or variable in your life.
- ★ But you *CAN influence* you...to whatever degree you **CHOOSE** to influence it.
- ★ How do you do that? Stop trying to **CONTROL** yourself...and start **INFLUENCING** you, your environment, and your circumstances.

# The Downside of Trying To Control Yourself...

When women try to “control” themselves to take action, one of the following almost certainly takes place...

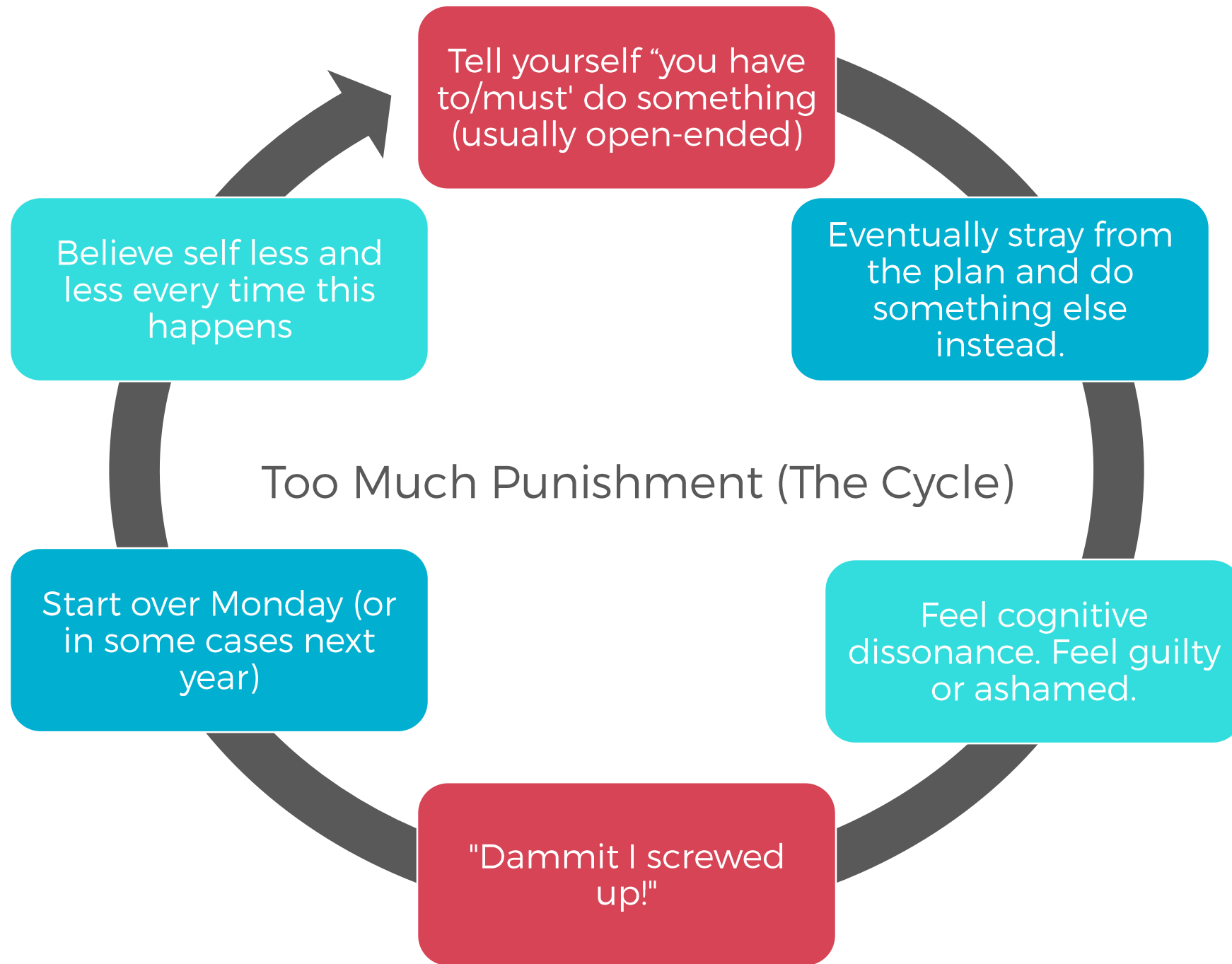


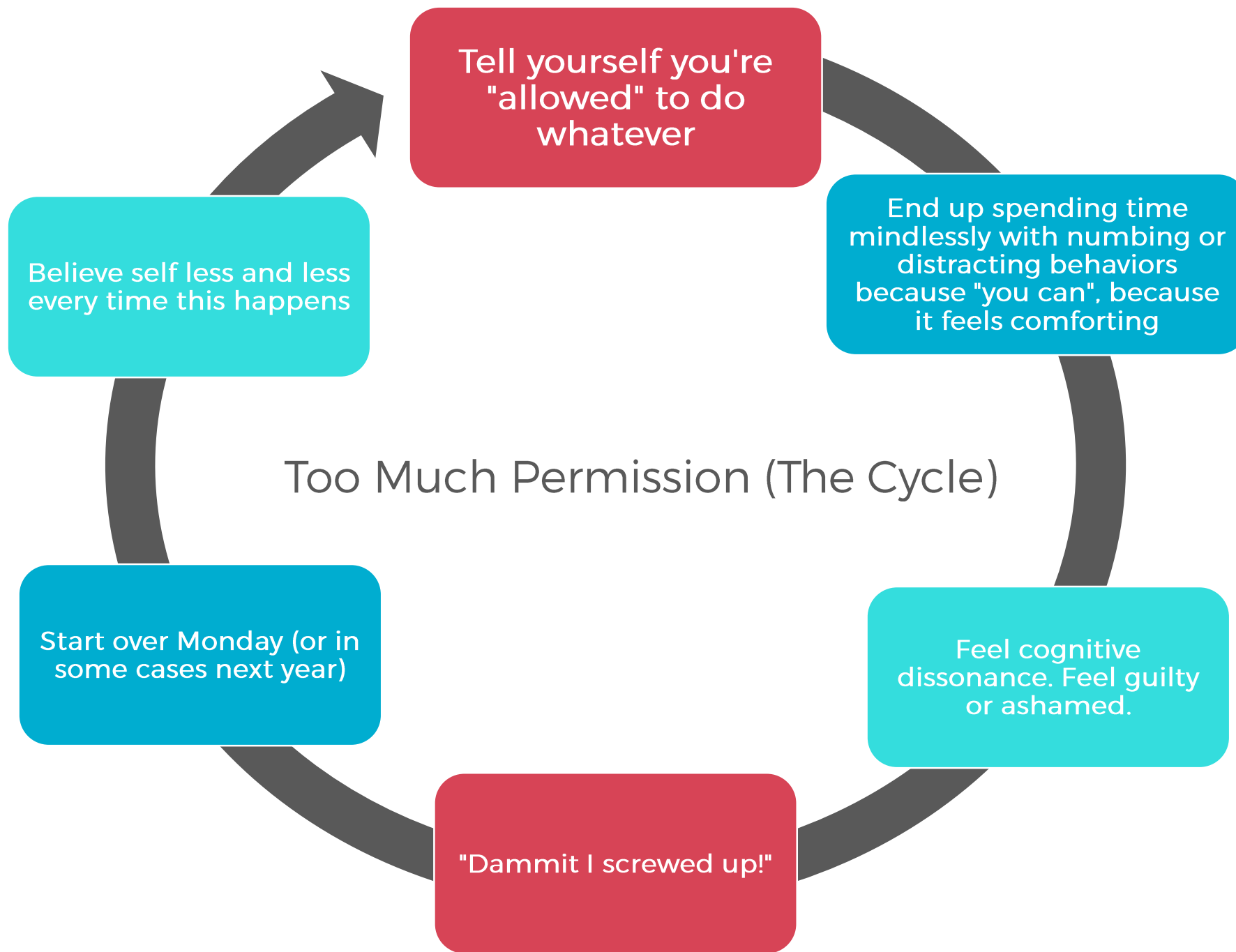


*Too much Punishment*



*Too much permission*





# The SIMPLE Solution

★ (Re)Learn:

★ (Re)Do:

You don't know what you don't know. And you can't see what you can't see. That's why you need NEW awarenesses and insight. You need NEW food goggles.

# Step 1: (Re)learn How To PLAY

- ★ Not how to force yourself to exercise.
- ★ Not how to 'muddle your way through' something til the minute hand reaches a certain number on the clock.
- ★ Not how to regiment yourself, punish yourself, or talk yourself into anything.
- ★ Not how to hide your body, hide your true desires for joy and fun and connection.
- ★ To go experiment and be a kid again, to feel like a woman, and to play. But let your body be wherever it is. Meet it THERE...and find a way to CONNECT to it.

# The Weight of the Weight

THAT is the weight that is truly weighing you down and KEEPING you on that up and down rollercoaster, keeping you either "all in" or "all out", and leaving you to deal with that dreaded "Bounceback Effect"

**But There IS Something Else..**

YOU are not a widget.



# Everyone is DIFFERENT:

- ★ If you want LASTING transformation:
- ★ You MUST create a path to self-care that works FOR YOU
- ★ It's got to take into account YOUR life, YOUR desires, YOUR preferences
- ★ Because if it doesn't, you'll always be FORCING it – trying to fit yourself into some impossible and unsustainable box. It's not practical and it won't work long-term
- ★ You've got to find out what this looks like for YOU (that's why we do experiments)

# YOUR Winning Game Plan:

- ★ It must work FOR you and be created BY you
- ★ Or else it WILL be short-lived

That being said...

Let's talk about how to do that.

# But First: How I Eat, Play, Love, & Live..

- ★ PLAY: I got 'right' with my body. I got 'right' with my fat. I called a truce. I decided to stop berating it, ignoring it, abusing it, and overworking it, and I learned how to CARE for it. We became friends, partners-in-crime to do all the things I never tried or was sitting on the sidelines wishing I had, and I went and PLAYED. I learned how to paddleboard, ice skate, roller skate, became friends with nature, started dancing, acted like a kid again, became a “girly girl”, and set myself (and my body free) after 30 years of feeling trapped. And if I can do it, so can you.

## **BIG Takeaway:**

No one could give me a 'blueprint' to go figure out how to connect with my body and to learn how to PLAY. I needed to give myself permission to EXPERIMENT and find out what I like and what makes ME feel good. I needed to stop IGNORING my body and start LISTENING to it. I needed to create MY version of body connection and freedom in my body.

# So How Are We Going To Approach Things Differently? (Here's where the magic happens)

## PART 1: (Re)Learn:

- ★ (Re) Learn How to PLAY.
- ★ Learn it like it is a skill– like learning the tuba or how to speak Spanish is a skill.
- ★ Ignore what you think you know...and try THIS on 😊

# How Are We Going To Approach Things Differently:

## PART 2: (Re)Do:

- ★ Try it on, integrate it into your life and your desires
- ★ Practice it! Simply be MINDFUL for 7 days (to start)
- ★ You get good at whatever you practice. If you 'fall off' with this new way of thinking, all you have to do is give it more AIR (attention, intention, repetition)
- ★ That's it! It truly is 'just' a mindset and a brainset to walk around with every single day!

*They are back again:*

# The 3 Magic Questions:

# The 3 'Magic' Questions:

- ★ 1. The Why?
  - ★ 2. The How?
  - ★ 3. The What?
- 
- ★ Instead of focusing on exercising, the workout itself, or the plan/program/parameters, we are going to focus on making YOU a better/stronger/more powerful version of YOU every single day...
  - ★ So that NO MATTER WHAT HAPPENS, you feel like YOU are the influencer in your life – rather than reacting to your life!



# The Why:

- ★ Why are you doing/choosing/spending time and energy on it?
- ★ Is it because you desire it? Or because you require it?
- ★ When I feel like tidying up my house, it's fun. I put some music on, get in the zone, and it feels good while I'm doing it. And my brain sets off a cascade of happy hormones like dopamine, serotonin, and (if it makes me feel comforted and safe), some oxytocin too.
- ★ If I'm forcing myself to do it against my will, the experience is completely different AND my brain is setting off a cascade of stress hormones like cortisol, adrenaline, and epinephrine.
- ★ Too much of those are no bueno for your health or your waistline

# The How:

- ★ How are you feeling **before, during, and after**? (Yes it matters!)
- ★ Are you feeling Grrrrrr or stressed out by whatever you've chosen?
- ★ The biggies (that most don't really think about) are the feelings of shame, blame, guilt, and comparison.
- ★ It's not the 'thing' itself that's fattening. It's the guilt, shame, blame, or comparison that comes alongside the 'thing' that's the most 'costly'.
- ★ You might not FEEL like this is stressful or notice it like you would typical stressors
- ★ These feelings **before, during, or after** you do (or don't) do something...do or don't eat something... do or don't follow through on a commitment to yourself....do or don't do anything...
- ★ These feelings are what set off the cascade of stress hormones like cortisol, adrenaline, and epinephrine.

# The What:

- ★ What are you doing/choosing/spending time and energy on?
- ★ Is it stressing you out? Is it bumming you out?
- ★ The things that are way too complicated, too intense, or too stressful, you can COUNT on the fact that you won't do them very long. Your brain won't want to....and it won't let you. It's just science.

*Let's Go*

*Behind the Curtain...*



## Behind the Curtain:

A few years ago, I was somewhat 'anti-yoga' (and anti-a-lot-of things) because of my body image and the following kinds of conversations in my head:

- ★ What if I'm the fattest one there?
- ★ Will I be the least experienced? Will I be the only one who can't do it all? Will I be the odd ball?
- ★ What am I going to wear?
- ★ Do I really feel like getting sweaty/dirty/stinky?
- ★ Do I really want other people to see my butt sticking up in the air, my thighs jiggle and boobs bounce when I run, or see my fat ass...period?
- ★ Do I really have the time? (what else would you be doing?)
- ★ Do I really have the energy? (what else would you be doing?)
- ★ Do I really want to? (what else would you be doing?)

# Behind the Curtain:

A glimpse of my journal from a couple years ago:

- ★ If you give your body L.A.C.K. (love attention care knowing)
- ★ If you give your joints more awareness
- ★ If you give your tissue (fat, fascia, muscle) more awareness
- ★ If you simply notice your stability, balance, coordination, and the movement itself
- ★ If you teach your body something new in a slow, controlled way

You will move better, feel better, walk better, have better health, skin, vitality, more focus and energy...

Here's the thing though: For this to work you need to give yourself permission to meet yourself where you are and just be where you are.

You hear about setting intentions before you practice or exercise? **I say, set a PERMISSION!**

(Now) I am that gal you'll find bouncing her head and grooving in yoga, using my paddle as an air guitar, and walking as I'm lip-syncing like I'm doing karaoke. Because the truth is: Nobody cares! They are so focused on their own 'stuff' that they aren't concerned with what I'm doing. (And if they are: Who cares?)

Change your relationship with movement or with exercise. Don't make it about keeping up, fitting in, or performing to a certain level or quantifiable. Find a place and a space where you can be exactly where you are.

Stand still first. Then move slow. Then pick up the pace as needed or as desired.

## And the Permission Slips Were Born...

- ★ I give myself permission to PLAY!
- ★ I give myself permission to meet myself and my body where I am and let myself just be there.
- ★ I give myself permission to go out and learn what it takes to feel comfortable in my own skin – – to embody my body like my partner and crime.
- ★ I give myself permission to be free of judgement or criticism
- ★ I give myself permission to be free of comparison to my former self, my future self, or anyone else.
- ★ I give myself permission to be free of obligation or punishment.
- ★ I give myself permission to be from keeping up with or measuring up to any one or any blueprint.
- ★ I give myself permission to give my body whatever it needs that day.
- ★ I give myself permission to stop thinking about doing more or working harder and to start working smarter.
- ★ I give myself permission to be a student, a beginner, an amateur, and imperfect.
- ★ I give myself permission to be a woman who's there purely to have fun and enjoy each moment of the experience -- the epitome of "dance like nobody's watching".



# Paddle Boarding Changed My Life (Here's Why)

- ★ Bathing Suit Acceptance (body acceptance)
- ★ Made me become a 'freshman'
- ★ Strictly for fun, to play, to act like a kid
- ★ Dance like no one's watching
- ★ Physical Therapy/Occupational Therapy (Vestibular System: Balance + Horizon line)
- ★ My first 'real' experience out in nature
- ★ Sunset and Moonrise
- ★ I'm an island (THAT is self-connection: when you can feel like an island and feel content)
- ★ The soundtracks of my experiences
- ★ Helped me with my fear of water (chicken or egg? My body image or an actual fear of water?)

## And It Led Me To Create This:

Anatomy of a 'Perfect' Workout (And what if you started looking for THIS?):

- ★ Safe/JudgementFree,
- ★ No competition (no end marker or result),
- ★ You pick what the goal is based on what you need that day (do you need sympathetic or parasympathetic?)
- ★ Every system is relaxed thru the breath: gastro, endo, nervous
- ★ Senses are being honed in (smell, eyes closed, music)
- ★ Body leaves with more body awareness than it started with
- ★ Slow is smooth, smooth is fast (take longer to get in position, only hold for 1-2 reps/seconds...then lengthen and relax....then do it again)
- ★ Focusing on the breathe.
- ★ Enjoy: Find your groove or find your flow.

## How I Play (+Soundtracks)

- ★ Z-Health + Vitamin String Quartet
- ★ Winsor Pilates + Vitamin String Quartet
- ★ Dance Party + Fun Soundtrack
- ★ Paddleboard + Empowered Soundtrack
- ★ Aqua Jogging
- ★ Hot Tub/Cold Plunge
- ★ Walk/Run + Pumped Up Soundtrack
- ★ Yoga + Yanet's Amazing Soundtracks (My Permission Slips for Yoga)
- ★ Dry Brushing (Fat Mapping) + Wild Card Soundtrack
- ★ Heat (Fat Mapping) + Wild Card Soundtrack
- ★ Touch/Lotion (Fat Mapping) + Wild Card Soundtrack
- ★ Textured Breathing (Shapes, fabrics, filling up a balloon inside of me)  
(Instrumental Only)
- ★ Colored Breathing (different colors) (Instrumental Only)
- ★ Rhythmic Breathing (to a beat) (Instrumental Only)
- ★ Practice Relaxing

# How I Practice Relaxing:

- ★ Get my body still
- ★ Cover my eyes
- ★ Music
- ★ Essential Oils (Peppermint/Lavender)
- ★ Breathe
- ★ Head/Neck/Cranial Nerves
- ★ Isometric Squeezes/Holds
- ★ Ground Walking



THE  
HUFFINGTON  
POST



My HuffPost Article: The #1 Stressor You Need to  
Eliminate in 2015 (And 62 Ways to Do It)

[\(In Your Lesson Dashboard\)](#)

# Double Dogg Dares! (INVITATIONS without EXPECTATIONS)

(notice these are about SO much more than 'exercising')

- ★ Play dress up
- ★ Get to know your body – get to know your fat (self-massage, body awareness)
- ★ Specific activity you **want** to do but **aren't**: Example: paddleboard, tai chi, golf, cute one piece on beach, learn a new language, take an art class, go on a date, etc
- ★ Dance party
- ★ Sense + Map your body
- ★ Create self care experiment
- ★ Create self acceptance experiment
- ★ Create know, like, trust experiment
- ★ Practice mindful eating: Pay attention to what, why, how
- ★ Seduce your husband/partner and find your sensual/sexual side 😊

## Double Dogg Dares! (INVITATIONS without EXPECTATIONS)

- ★ Create soundtrack(s) for X activity
- ★ Create a positive distractions list
- ★ Find your own sensory cocktail recipe
- ★ Go to a meetup.com
- ★ Journal/do morning pages for 7 days
- ★ Create a morning ritual
- ★ Create an evening ritual
- ★ Do an organization/feng shui/environment experiment
- ★ Make it a point to get outside in nature more/ experience grass, sand, h2o...sunrise, sunset, the moon
- ★ Do a 'purge' of your closet and belongings
- ★ Throw a party
- ★ THE SKY IS THE LIMIT!

# The Point:

It's not about purposeful exercise or 'working out'.  
It's about connecting with yourself, connecting  
with your body, and learning how to PLAY.



*Which Brings Us Back To:*

# The 3 Magic Questions:

# PLAY:

- ★ **WHAT:** What are you doing? What movement or play are you choosing? Do you like it? Does your body feel good while it's doing it, and will it leave you feeling better at the end than when you started? Does it make you feel good? Does it [serve you/nourish you/feed your body]? No way of playing is 'good' or 'bad', 'right' or 'wrong'. You simply want to be mindful of WHAT you are feeding your body.
- ★ **WHY:** Why are you moving? Is it because you desire it and want to? Or is it because you feel required to do it, and you're forcing or convincing yourself to get it done? Neither one is 'good' or 'bad', 'right' or 'wrong'. You simply want to be mindful of WHY you are feeding your body.
- ★ **HOW:** How are you moving? Are you feeling stressed, annoyed, self-conscious, frustrated, bored, or comparing yourself to someone or something else before, during, or after you move (and in turn causing a cascade of stress hormones while you go)? Is how you are moving stressing you out, causing you pain, or costing you lots of time and energy? How you are feeling before, during, or after you move isn't 'good' or 'bad', 'right' or 'wrong'. You simply want to be mindful of HOW you are feeding your body.

# Why Is THIS So Magical?

RIGHT NOW:

- ★ Your current focus is on 'weight loss' rather than self-care...and it's keeping you STUCK in a cycle of REPAIR vs. CARE
- ★ Your current self-care plan is hard, stressful, complicated, or overwhelming
- ★ Most weight loss approaches are about doing MORE, working HARDER, or pushing yourself to go FURTHER or FASTER
- ★ But usually that just goes AGAINST what your brain and nervous system require for your goals.

# Which Means That:

- ★ On a brain level, mind level, and body level: You are NOT operating from the parasympathetic (or relaxed) branch of your nervous system

AND SO:

- ★ If we were having a strictly 'weight loss' conversation, you MUST be primarily operating from your Parasympathetic Nervous system (RELAXED brain) for weight loss/optimal metabolism & digestion to take place

# Stress Matters!

Stress/Guilt/Overwhelm/Feel Like Crap =  
Threat (Stress) Response



# Stress Has A Response...

- ★ Physical response
- ★ Chemical/hormonal response
- ★ Psycho-emotive/feelings/emotional response
- ★ Metabolism/digestion response

# Relax!

Your body also has a 'Relaxation Response' when things are going well...

Or when you simply feel good during any experience.



# The Relaxation Response:

- ★ Physical response
- ★ Chemical/hormonal response
- ★ Psycho-emotive/feelings/emotional response
- ★ Metabolism/digestion response



## General Theme?

# STRESS IS FATTENING!

HOW you feel is way more important  
than WHAT you do!

So what's the solution?

# INTENTION

...it's EVERYTHING!

# Meet Your Body Again:

Instead of focusing on:

- ★ What you're doing – whether it's high intensity, low intensity. Whether it's “good” food, “bad” or whether you “should” or “shouldn't” eat it
- ★ How many calories it burns, or if it undoes the cupcake you ate last night
- ★ Controlling, punishing yourself, forcing yourself, guiltting yourself, or OBSESSING over what you are or aren't doing.

\*\*In turn all of the above still cause you to focus on the DOING side of things...

# REMEMBER: What Your Problem Is NOT:

- ★ You don't have an exercise 'problem'
- ★ You don't have a motivation 'problem'
- ★ You are not a 'self-sabotager'

It's the *Weight of the Weight* that KEEPS us stuck.

# The 3 'Magic' Questions Covers **ALL** Of It:

Because if you're here right now (and you're struggling), currently you aren't being MINDFUL about why and how you are feeling....

And old, engrained habits are running the show...

And your life will be left to the discretion of the laws of Cause & Effect...

# In A Nutshell, We Invite You To Try This On Instead...

Instead of “Moving More”...

- ★ Move **SMARTER**. Make your body more **INTELLIGENT**... and then do the things that you **LOVE**.
- ★ If you're **convincing, persuading**, or downright **hate** it, **DITCH IT!**
- ★ Create a new connection with your body by finding things that make you feel **GOOD** – that bring you **JOY!**

# If This Is ALL You Do Over the Next 7 Days...

## The (Re)Do:

- ★ Try this mindset/mindfulness on, integrate it into your life and your desires
- ★ Practice it! Simply be MINDFUL for 7 days (to start)
- ★ You get good at whatever you practice. If you 'fall off' with this new way of thinking, all you have to do is give it more AIR (attention, intention, repetition)
- ★ That's it! It truly is 'just' a mindset and a brainset to walk around with every single day!

# In A Nutshell

If You Ditch Your Current “Harder, Faster, More” or Punishment Mentality around your body...

- ★ And simply try on this mindset/mindfulness for 7 days (to start), it will change everything
- ★ All you need to do is remember the 3 Magic Questions
- ★ Instead of focusing on exercise or movement itself, you are going to focus on becoming a more POWERFUL & JOYFUL version of YOU – focus on finding CONNECTION with yourself and your body.
- ★ That's it!

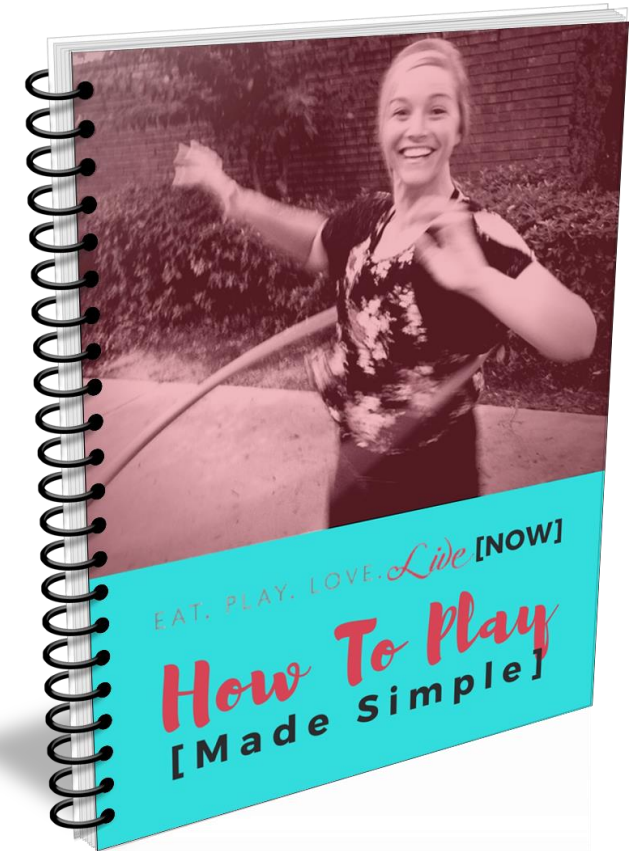


# Final Thoughts:

- ★ Control/force/persuade/punish yourself= Body Prison
- ★ Influence HOW you feel (who you are BEing) = Body Freedom
- ★ Guilt, shame, blame, comparison, and perfectionism (any black/white) around your body are FATTENING-- remember: stress matters!
- ★ OLD GOGGLES: Counting reps, pushing and punishing your body, forcing yourself to exercise and do things you don't love
- ★ NEW GOGGLES: Influencing YOU and who you are and making choices that connect you to yourself...and in turn focusing on how you want to FEEL (not on exercising or working out)
- ★ Start thinking: My body/exercising is not the problem. If you can focus on who you are 'being' and how you want to FEEL... that's where the solution lives" (It's time for a new story about your body!)

# Take Action:

- ★ **Grab It:** Your Workbook
- ★ **Explore It:** The questions and exploration in the workbook. Find YOUR version of body freedom & connection
- ★ **Try On:** How can you start integrating this into YOUR life? (HINT: Start Simple: The 3 Magic Questions) Just try it on for 7 days and see what happens!
- ★ **BONUS:** Cheat Sheet





*Go Get Em Tiger!*