



EMbody the Life of Your Dreams

Embodiment Mini Course



Do you want to live the life of your dreams? I can hear your responses now, “Duh Lo, that’s a silly question! Of course I want to live the life of my dreams.” To which my follow up question is, why aren’t you?

Is it because you aren’t clear on what you want? Or is it because you aren’t super clear on who you are? Or do you believe that life has dealt you a hand of cards, and you believe that’s all you get to work with? Most of us can identify with one or all of these limiting beliefs. But I challenge you to step outside of your comfort zone and surrender your limiting beliefs. This e-book is comprised of the embodiment practices that have allowed me and the clients I’ve coached to create the life of our dreams, and to live in a space of ultimate fulfillment and love.

Over the next two weeks you will use movement, breath, and writing to rediscover your authentic self. These practices will allow you to develop an intimate relationship with yourself, and to cultivate a deep self love. In the rediscovery process, you will understand that you are a limitless being, and that you get to choose your identity and the life of your dreams.

****A quick disclaimer, as you go through the exercises in this ebook, the exercises may come across as basic. But please do NOT underestimate their value based on their simplistic nature. Stay open to what I ask and to the embodiment exercises and see what adventure we can embark on together.****



A Few Rules (and the why's):

Rule 1: Stay open and trust the process.

Why:

- ▶ Embarking on this journey means that you are stepping out of your comfort zone, so naturally you will encounter resistance.
- ▶ When you encounter resistance, take a breath, trust, and continue moving forward.

Rule 2: Start or end your day with the embodiment practices.

Why:

- ▶ As human beings we are physically wired to be in a state of fear as soon as we wake up, thanks to the survival mechanism fight or flight.
- ▶ Starting your day with these practices allows you to shift out of fight or flight mode and into a higher level of awareness.
- ▶ If you choose to do the practices at the end of the day, think of it as preparation for the next day. The prep work that will allow you to wake up with a higher level of awareness.

Rule 3: Keep the 80/20 rule (aka Pareto Rule) in mind. The rule states that 80% of effects, comes from 20% cause.

Why:

- ▶ Good news you DON'T have to be perfect.
- ▶ This rule allows growth to come from a place of unconditional self love.
- ▶ By implementing the small changes in this e-book you will have a massive impact on your life.

Rule 4: Practice gratitude throughout the entire process.

Why:

- ▶ When you practice gratitude it aligns you with love, joy, passion, and all of the other good juicy emotions.
- ▶ It is physically impossible to feel gratitude and "shitty" emotions at the same time. Use gratitude as a tool to shift your state.

Rule 5: Once you start, DON'T STOP!

Why:

- ▶ The only way to reap all of the benefits of the program is to complete it in its entirety; because consistency is KEY!
- ▶ The promises you keep to yourself builds self confidence.
- ▶ It will change your life.
- ▶ And you are FREAKING worth it!

The Breakdown:

Time:

Take 30 minutes (or more) for the daily embodiment practices; again either to begin or end the day.

- To keep it simple you can use the 10-10-10 breakdown: 10 minutes for movement, 10 minutes for breathwork and meditation, and 10 minutes to write.



Embodiment Movement Practices:

- ▶ Remember that movement is the easiest access point into self.

How To:

- Do the movement exercises to the best of your ability, and modify when necessary.
- Don't overthink it, just do it.

MOVEMENT TUTORIALS



Embodiment Breath and Meditation Practices:

- ▶ Breath brings us into the present moment.
- ▶ Meditation allows for us to shift our reality. Our brain is wired to gravitate to what is most familiar, which means if we want to shift our reality we must shift our thoughts,
- ▶ Meditation allows for us to be the observer our thoughts, ultimately leading us to choose the thoughts that we want.

How to Create your Meditation Zone:

- Pick a comfortable and quiet space
- Set a timer
- Choose your posture, either seated tall or laying on your back with your palms facing up (to receive all the goodness)
- And then follow the daily breath and meditation instructions



Embodiment Writing:

- ▶ Writing is a therapeutic release, it allows us to get SUPER real with ourselves, and our thoughts and feelings.
- ▶ It is a reference point to see where we are at, where we have come from, and where we are going.

How To:

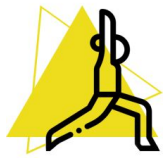
- Use pen/paper, a computer, a phone; whatever method it takes to get you writing!
- Use the technique of free flow writing when answering the prompts.
- Write whatever comes to mind, stopping only when you are finished, no need for proper grammar or spelling.
- DO NOT censor yourself!

Embodiment Practices



Day 1:

Touch Base with Yourself



Embodied Movement:

- Go for a walk with minimal distractions!
- The walk could be outside or on a treadmill, but most importantly go on the walk without any form of technology.
- Walk and be with yourself.
- Tap into all 5 of your senses: what do you see, hear, smell, taste, and feel.
- For at least 10 minutes.



Embodied Breath Work:

- Create your mediation zone.
- **Take 10 Rhythmic Breaths:**
 - ✓ Inhale through the nose for 4 counts
 - ✓ Pause at the top of the inhale
 - ✓ Exhale out the mouth for 6 counts
 - ✓ Repeat for 10 full breaths



Embodied Writing:

- Describe yourself.

Day 2:

From the Outside Looking In



Embodied Movement:

- Take another walk, just like you did on Day 1.
- Get an outside perspective of how you move.
- What is your posture like? What is your breath like? What is your gate like?
- Walk for at least 10 minutes.



Embodied Breath Work and Meditation:

- Create your mediation zone.
- **Take 10 Rhythmic Breaths:**
 - ✓ Inhale through the nose for 4 counts
 - ✓ Pause at the top of the inhale
 - ✓ Exhale out the mouth for 6 counts
 - ✓ Repeat for 10 full breaths
- Then set your timer for 2 minutes continue to breathe deeply with ease, be still, and see what happens until the timer dings.



Embodied Writing:

- How would your best friend describe you?
- Is there a difference in how your best friend would describe you verses how you would describe yourself?



Embodied Movement:

- Now that you have an idea of how you walk, is there something that you want to shift about your walk? Is there a feeling or sensation that you want to embody as you walk?
- Pick whatever it is that you want to embody as you walk, and go on your 10 minute walk with no technology.



Embodied BreathWork and Meditation:

- Create your mediation zone.
- **Take 10 Rhythmic Breaths:**
 - ✓ Inhale through the nose for 4 counts
 - ✓ Pause at the top of the inhale
 - ✓ Exhale out the mouth for 6 counts
 - ✓ Repeat for 10 full breaths
- Set your timer for 3 minutes continue to breathe deeply with ease, be still, and enjoy!



Embodied Writing:

- How would you or someone else ideally describe you

Day 4:

What Are the Blocks?



Embodied Movement:

Warm Up:

- March in place for 30 seconds
- High Knees for 30 seconds
- Do 5 rounds

Set 1:

- As you plank play with your breath; hold your breath, take short shallow breaths, and breathe deeply.
- Acknowledge the different sensations in the body as you play with your breath.
- Plank for 30 seconds
- Rest for 30 seconds
- Do 5 rounds

PLANK TUTORIAL



Embodied Breath Work and Meditation:

- Create your meditation zone.
- **Start with a body scan:**
 - ✓ Breathing deeply with ease
 - ✓ Scan the body starting with feet, and work your way up to your head
 - ✓ Acknowledge the sensations in the body, with no judgement
- Set your timer for 5 minutes breathe and observe.
- Then when the timer dings, do another body scan. What do you notice?



Embodied Writing:

- What and/or who is blocking you from being the ideal or dream version of yourself?

Day 5:

Baby Steps to Responsibility



Embodied Movement:

Warm Up:

- March in place for 30 seconds
- High Knees for 30 seconds
- Do 4 rounds

Set 1:

- Think how hard it is for you to do a plank.
- Plank for 30 seconds
- Rest for 30 seconds
- Do 2 rounds

Set 2:

- Focus on deep breaths while you plank.
- Plank for 30 seconds
- Rest for 30 seconds
- Do 2 rounds



Embodied Breath Work and Meditation:

- Create your mediation zone.
- **Start with a body scan:**
 - ✓ As you scan your body notice any places that feel blocked or tense.
 - ✓ Acknowledge the blocks and/or tension with no judgment.
 - ✓ Then breathe deeply, allowing each exhale to dissipate and dissolve the tension. Do this as many times as you need.
- Set your timer for 7 minutes and breathe into your bliss.
- Then when the timer dings, repeat the body scan. What do you notice?

Set 3:

- Think that you are strong, and repeat to yourself that you are strong as you plank.
- Plank for 30 seconds
- Rest for 30 seconds
- Do 2 rounds



Embodied Writing:

- What and/or who is blocking you from being the ideal or dream version of yourself?

Day 6:

I am Responsible



Embodied Movement:

Warm Up:

- Focus on your breath during the warm-up
- March in place for 20 seconds
- High Knees for 40 seconds
- Do 3 rounds

Set 1:

- You are responsible for the way you feel as you move, pick how you want to feel as you plank.
- Plank for 30 seconds
- Rest for 30 seconds
- Do 2 rounds

Set 2:

- Think about how you want to feel and move, and say it to yourself as you plank.
- Plank for 30 seconds
- Rest for 30 seconds
- Do 2 rounds



Embodied Breath Work and Meditation:

- Create your mediation zone.
- **Start with a body scan:**
 - ✓ As you scan your body notice any places that feel blocked or tense.
 - ✓ Acknowledge the blocks and tension with no judgment.
 - ✓ Then take responsibility of how you want to feel, and with each exhale breathe that feeling into your body. Do this as many times as you need.
- Set your timer for 8 minutes breathe in the empowerment.
- Then when the timer dings, repeat the body scan. What do you notice?

Set 3:

- Fully own and embody the feeling you choose in your mind, body, and spirit as you plank.
- Plank for 30 seconds
- High Knees for 20 seconds
- Rest for 10 seconds
- Do 3 rounds



Embodied Writing:

- How could you take responsibility for the challenges and the blocks in your life? What would taking responsibility look like? How would it feel?

Day 7:

Self Love is a Choice



Embodied Movement:

- Pick a feeling that you want to own and embody in your movement practice today.
- Breathe deeply, and continue to bring your focus back to that intention anytime your mind, body, or spirit drifts away from it

Warm Up:

- High Knees for 30 seconds
- Jumping Jacks for 30 seconds
- Do 3 rounds

Set 1:

- Plank for 30 seconds
- High Knees for 20 seconds
- Rest for 10 seconds
- Do 2 rounds

Set 2:

- Plank for 30 seconds
- Do Squats for 20 seconds
- Rest for 10 seconds
- Do 2 rounds

SQUAT TUTORIAL



Embodied Breath Work and Meditation:

- Create your mediation zone.
- **Start with a body scan:**
 - ✓ As you scan your body notice any places that feel blocked or tense.
 - ✓ Acknowledge the blocks and tension with no judgment, and love them as they are.
 - ✓ With each breath love these spaces a little bit deeper.
- Set your timer for 10 minutes and meditate.
- When the timer dings, acknowledge what you are embodying.

Set 3:

- Plank for 20 seconds
- High Knees for 20 seconds
- Squats for 20 seconds
- No rest :)
- Do 3 rounds



Embodied Writing:

- How do you define self love? Use all five of your senses to define self love; what does it look like, smell like, taste like, sound like, and feel like?

Day 8:

Cultivating Self Love



Embodied Movement:

- Use the movement practice today as a form of self love.
- Telling your body you love it for always moving you and supporting you in the way that you need.
- Love your body through the movement.
- If you find your mind drifting, come back to the focal point of moving the body from a place of self love
- Be mindful of your breath as you move.

Warm Up:

- High Knees for 30 seconds
- Jumping Jacks for 30 seconds
- Do 2 rounds



Embodied Breath Work and Meditation:

- Create your mediation zone.
- **Start with mindful breathing:**
 - ✓ Inhaling deeply through the nose
 - ✓ Exhaling deeply through the mouth
 - ✓ Keep the breath slow and controlled as you feel the inhale and exhale flow through the body.
- As you mindfully breathe feel the sensation of love in your body.
- Set your timer for 10 minutes, continue to generate that sensation of love as you meditate.
- When the timer dings, take in all the love.

Set 1:

- Plank for 20 seconds
- High Knees for 20 seconds
- Squats for 20 seconds
- Do 2 rounds



Embodied Writing:

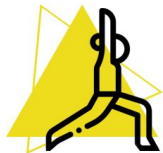
- What are ways that you can cultivate self love? How can you cultivate it through the thoughts you think? Through the words you say? Through the actions you take?

Set 2:

- Plank for 30 seconds
- High Knees for 30 seconds
- Squats for 30 seconds
- Squat Hold for 30 seconds
- Do 3 rounds

Day 9:

Self Love Combined with the Growth Mindset



Embodied Movement:

- Allow growth to evolve from a place of self love and not self punishment.
- Begin your movement practice by telling yourself:
- Continue to be mindful of your breath.

Warm Up:

- Jumping Jacks for 30 seconds
- Arm Circles for 30 seconds
- Do 2 rounds



Embodied Breath Work and Meditation:

- Create your mediation zone.
- **Start with mindful breathing focusing on self-love:**
 - ✓ Inhaling the sensation of love into the body.
 - ✓ Exhaling and allowing that sensation to root itself deeper into the body.
- Set your timer for 10 minutes, floating in all of the self love that your breath has created.
- When the timer dings, feel the love.

Set 1:

- Plank for 30 seconds
- High Knees for 30 seconds
- Squats for 30 seconds
- Squat Hold for 30 seconds
- Do 2 rounds



Embodied Writing:

- How is growing from a space of self love different than growing from a space of need or should?

Day 10:

Self Love Merges with the Ideal Self



Embodied Movement:

- Acknowledge your self as you are, from a place of unconditional love. Simultaneously acknowledge that you want to evolve into your ideal self.
- **Begin your movement practice by telling yourself:**
 - ✓ I love you just the way you are. You are enough.
 - ✓ I want you to grow and evolve because I love you.
 - ✓ I choose to challenge my body from a place of self love in order to help me grow.
- Continue to be mindful of your breath.

Warm Up:

- Jumping Jacks for 20 seconds
- Arm Circles for 20 seconds
- High Knees for 20 seconds
- Do 2 rounds



Embodied Breath Work and Meditation:

- Create your mediation zone.
- Start with mindful breathing, and visualize your ideal self.
 - ✓ Visualize what you do, the way you look, the way you move, the way you act, etc.
 - ✓ Visualize your ideal self from a place of deep love and respect.
- Set your timer for 10 minutes, observe your thoughts without becoming too attached to any specific thought.
- When the timer dings, take a deep breath and smile.

Set 1:

- Plank for 60 seconds
- High Knees for 30 seconds
- Squats Hold for 30 seconds
- Do 2 rounds



Embodied Writing:

- Why is it beneficial to come from a space of deep self love and respect when evolving into your ideal self?

Day 11:

Be Kind to Yourself



Embodied Movement:

- After each round of movement you complete tell yourself:
 - ✓ Amazing job!
 - ✓ You are doing great!
 - ✓ I am so proud of you!
- Continue to focus on your breath and continue with your love mindset.

Warm Up:

- Jumping Jacks for 20 seconds
- Arm Circles for 20 seconds
- High Knees for 20 seconds
- Do 2 rounds



Embodied Breath Work and Meditation:

- Create your mediation zone.
- Start with mindful breathing, and visualize the growth that you have achieved thus far.
 - ✓ Express your gratitude to yourself for your growth.
 - ✓ Express how proud you are of yourself.
- Set your timer for 10 minutes, observe your thoughts without becoming too attached to any specific thought.
- When the timer dings, take a deep breath, smile, and say: GO ME!

Set 1:

- High Knees for 60 seconds
- Squats for 30 seconds
- Plank for 30 seconds
- Do 2 rounds



Embodied Writing:

- Why is it important to be kind to yourself? Especially as you are growing, shifting, changing, and evolving?

Day 12:

Reflect



Embodied Movement:

- Focus on your breath and your love mindset as you move.

Warm Up:

- Jumping Jacks for 20 seconds
- Arm Circles for 20 seconds
- High Knees for 20 seconds
- Do 2 rounds

Set 1:

- High Knees for 60 seconds
- Plank for 30 seconds
- Do 2 rounds

Set 2:

- Squats for 60 seconds
- Plank for 30 seconds
- Do 2 rounds

Set 3:

- Squats for 30 seconds
- Squat Hold for 30 seconds
- Do 1 round

Set 4:

- Plank hold for 60 seconds; as you reflect on how your body feels now in comparison to how it did on Day 1.
- Do 1 round



Embodied Breath Work and Meditation:

- Create your mediation zone.
- Start with mindful breathing, and visualize the different versions of your self.
 - ✓ The version from Day 1
 - ✓ The version now on Day 12
 - ✓ And the version on to come
- Feel the love and gratitude for all versions of yourself.
- Set your timer for 10 minutes, observe your thoughts without becoming too attached to any specific thought.
- When the timer dings, with a deep breath acknowledge how far you have come!



Embodied Writing:

- Reflect on the versions of self up until this point. What has evolved? And, what is it like to evolve from a place of self love?



Embodied Movement:

- Continue to focus on your breath and continue with your love mindset as you move.
- Today you will notice the rounds are not specified.
- You get to choose, how many rounds you do each set. Think of it as empowerment :)

Warm Up:

- Jumping Jacks for 30 seconds
- Arm Circles for 30 seconds
- High Knees for 30 seconds
- Do ? rounds

Set 1:

- Plank for 60 seconds
- High Knees for 30 seconds
- Squats for 30 seconds
- Do ? rounds

Set 2:

- High Knees for 60 seconds
- Plank for 30 seconds
- Squats for 30 seconds
- Do ? rounds



Embodied Breath Work and Meditation:

- Create your mediation zone.
- Again it is your choice, pick a mindfulness practice to do before you mediate, choose from the following:
 - ✓ Rhythmic Breathing
 - ✓ Mindful Breathing
 - ✓ Visualization
- Set your timer for 10 minutes, breathe deeply and with ease, as you observe your thoughts.
- When the timer dings, breathe in the empowerment of choice.

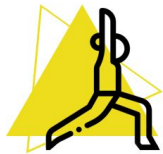
Set 3:

- Squats for 60 seconds
- Plank for 30 seconds
- High Knees for 30 seconds
- Do ? round



Embodied Writing:

- Describe how and why identity is a choice.



Embodied Movement:

- Embody the movement practice in your entire being today.
- Allow the movement to be a representation of the ideal identity that you have chosen for yourself.
- Again, the number of rounds are your choice.
- As always, continue to focus on your breath and continue with your love mindset as you move.

Warm Up:

- Jumping Jacks for 30 seconds
- High Knees for 30 seconds
- Arm Circles for 30 seconds
- Do ? rounds

Set 1:

- Plank for 60 seconds
- High Knees for 30 seconds
- Squat Hold for 30 seconds
- Squats for 30 seconds
- Do ? rounds



Embodied Breath Work and Meditation:

- Create your mediation zone.
- Pick a mindfulness practice to do before you mediate:
 - ✓ Rhythmic Breathing
 - ✓ Mindful Breathing
 - ✓ Visualization
- Set your timer for 10 minutes, breathe, and acknowledge that you are the observer of your thoughts.
- When the timer dings, breathe it all in, and fully embody it.

Set 3:

- High Knees for 60 seconds
- Plank for 30 seconds
- Squat Hold for 30 seconds
- Squats for 30 seconds
- Do ? rounds



Embodied Writing:

- Who and what are you choosing to embody fully today?

Set 4:

- Squats for 60 seconds
- Squat Hold for 30 seconds
- Plank for 30 seconds
- High Knees for 30 seconds
- Do ? round

Congratulations! You made it!

Continue to Embody

Congratulations for completing the Embodiment Mini-Course! My hope is that this course has brought you more clarity on who you are and what you want from life. And, that it has given you applicable steps to walk into the life of your dreams.

If this e-book has inspired, changed, and/or blessed you in any way, please share it. Send an email telling me about your experience with the mini-course. Share your biggest takeaways on social media, and of course tag me so I can check it out! You can even print the mini-course, and share it with someone that you love!

If you want to dive deeper into embodiment, and/or accelerate your path to the life of your dreams set up a 1-on-1 coaching session with me today. And together we can make it happen!



Set Up Your 1-on-1 Coaching Session at www.embodybylo.co

Email me: lo@embodybylo.com

Find me on IG: [@embodybylo](https://www.instagram.com/embodybylo)