

## The Glow Flow

6 weeks - one session per week

Each session is 75 minutes long

- 5 minutes of grounding, setting your intention and thought provoking questions
- 40 minute private Pilates workout
- 30 minute coaching session

Every week you will walk away feeling empowered, full of energy, plan-in-hand, and excited for the future lifestyle you are building for yourself.

### Schedule:

Week One - where you are, where you have been, "my perfect day"

Week Two - where you want to go, casting a vision for your future self

Week Three - painting the picture of your lifestyle through desired behaviours

Week Four - from little things, big things grow - the smaller details & actions

Week Five - check in with your vision and identify your superpowers

Week Six - commit to your future self, identify strategies to stay on this journey

### Why Pilates in each session?

We utilise the mind body connection, along with the benefits of movement, to propel you forward through the coaching process for faster results.

Some of these evidence based benefits include:

- regulates and improves mood to be in your best mental and emotional state for sessions
- improves self confidence, helping you to get out of your own way so you can reach your full potential
- improves brain power & cognitive reaction time, giving you maximum potency and capacity to produce possibilities for yourself
- increases BDNF (brain derived neurotrophic factor), which improves your decision making, higher thinking, focus and learning
- decreases anxiety, as change can be scary and this helps you to not get stuck in it
- increases creativity, allowing you to explore more ways forward
- increases energy levels, giving you the oomph for each session
- increases endorphins and feelings of happiness, and let's be honest, we do our best when we are feeling fabulous

Sound fun?! All you need to do now is click on the Learn More button and apply.