



ASIA FITNESS CONFERENCE 2024: BANGKOK: 19TH OCTOBER SATURDAY 10:15-11:45

EXERCISE YOUR DEMONS with Stacey Lei Krauss

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Shifting and transforming energy can be physical, metaphysical and metaphorical. Let's harmonize all three areas, as we explore body language, emotion and vibrational energies. Learn to help clients release their heavy emotions without saying a word. Experience a barefoot fusion of athletic flowing drills; invigorating cardio accessible to all levels with an undercurrent of thumpy music. You'll walk away feeling invigorated, empowered and equipped with fresh cues to color your classes with.

Learn about (science supported) "high power poses"
Learn how to infuse emotional sensations into a fitness workout
Experience a moderate-intensity, feel-good fusion flow

What are the DEMONS?... dense emotions "pain bodies" "Shadows"

Shadow work involves exploring and integrating the unconscious aspects of oneself, such as repressed emotions, fears, and desires, to achieve personal growth and wholeness. Many people tend to repress the hidden parts of themselves to avoid having to confront that darker side. Even though the shadow still exists, it gets pushed back and forgotten.

Mind-body therapist Kelly Vincent PsyD, compares trapped emotions to carrying around a large backpack. It weighs us down, impacts our mood, and drains our energy. Additionally, she notes that it can also destroy body tissues and prevent normal functions of organs and glands. Additionally, can cause physical pain (ulcers, cancers, heart issues).

Demons, Pain Bodies, "Shadows" ...Negative emotional energy can be expressed as:

- **Worry about past events**
 - Fear of the future
 - Depression, Sadness
 - Resentment, Jealousy
 - Poor decision making
 - Stress, Anxiety
- **Anger; Overreaction, Impatience**
 - Sadness, grief

Harvard Business School Professor and social psychologist Amy Cuddy's research tells us that body language can shape our thoughts, emotions, self-perception, internal chemistry and even how we're viewed by other people. (Carney, Cuddy: Harvard University)



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LOW POWER POSTURES: closed and folded and constricted. The feedback loop is protective.



HIGH POWER POSTURES: open and expansive. Feedback loop: strong, aggressive, confident.



Harvard University research confirmed chemical changes in only 2 minutes: High Powered-Postures: Increased Testosterone (confidence) Decreased Cortisol (stress)

Appeal to your students' IQ by sharing the scientific information. Having the knowledge takes the physical exercise into the next dimension, by awakening EQ = Emotional Quotient

- Confidence
- Courage
- Determination
- Self- confidence
- Commitment
- Trust
- Fortitude
- Willpower
- Creativity



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Moshe Feldenkrais: "Close your eyes and open your heart — feel more." Feldenkrais' theory is that "thought, feeling, perception and movement are closely interrelated and influence each other

Breathwork & Intention

Consider having greater connection with the autonomic nervous system shifting away from the sympathetic nervous system — our fight or flight response. The sympathetic inhibits our parasympathetic — to trigger parasympathetic AT WILL .

Long, audible exhales tone the vagus nerve and help to regulate the "rest & digest", "feed & breed" functions.

Prana, according to Sanskrit teachings — is the vital life force in our physical bodies, and can be regulated with breathing techniques and breathwork. Consider what you are nourishing yourself with and what you are releasing. Are you nourishing yourself with dark music and images? Are you holding onto byproducts? Lighten up! Let it go. Shine like the star that you are.



Thank you for attending my session! Please scan for more information, videos of similar classes, meditations, breathwork & more
Live Happy. Be Well. x. Stacey Lei Krauss