

Unleash the Goddess Within

Reconnecting women to their divine feminine nature, beauty and power through fitness, healthy food and FUN!

- **Are you tired of being on the treadmill of life?**
 - Are you bored or in a rut?
 - Have you lost touch with your confidence and sensual side?
 - Do you often feel depressed, unmotivated or bored
 - Do you want to take off that winter gain and need the BOOST to do it?
 - Are you ready to start FRESH and feel GREAT about yourself...to bring FUN back into your life? To maybe even reconnect to your vibrant, confident and dynamic side?
 - Are you ready to DANCE and party!?
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If feel like you are stuck on the “treadmill” of life, it’s time to reconnect with your divine feminine power...your inner goddess.

Get off the treadmill and get ready for a whole LIFE transformation! This is the program you’ve been waiting for...

Unleash Your Inner Goddess is MORE than an exercise class, MORE than a chance to bond and create life-long friendships, MORE than a healthy eating program....

This is YOUR opportunity to connect to yourself, to others and to the part of you that is ready to embrace your inner goddess. The part of you that IS beautiful, that IS powerful, that IS confident and that *loves herself*.

In this *safe, fun, energizing environment*, watch your mind and body transform!

Come find out how to do ancient sensual, core and bootie-toning dance that blends fun with fat-burning exercise!
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Embrace that strong, passionate creature within you and watch your body transform!

Program Content

This is a unique 6-week mind and body-transforming program that incorporates a weekly multicultural dance exercise class and weekly teleconference calls with nutrition and diet coaching and group support...all wrapped up in one big fun package! Here are the three components:

1. **Physical Fitness**
2. **Nutritional Fitness**
3. **Emotional Fitness and Group Support**

1. **Physical Fitness: Live Classes** - One 60-minute Exercise Class per week consisting of:

- 40 minutes of multi-cultural dance, including Zumba, Belly, African, Latin and Tango rhythms (no experience or prior fitness level necessary!)
- 10 minutes of Yoga postures targeting the hips, buns and abs
- 10 minutes of Nutrition/Emotional Fitness Topic of the Week and handouts

Break out of repetitious forms of exercise! Actually *feel energized* after your workout! With our overall aim to have fun, burn fat, tighten, tone and bring out the inner Goddess in you, we focus specifically on the second chakra of your body, which is the body's energetic center of power, emotions, creativity and sexuality located in the hip, abdominal, buttocks and thigh area.

Multi-Cultural Dance Class Component

- Discover the best way to build long and lean muscles (like the professional dancers on TV)
- Learn different forms of dance from various cultures that are effective, yet simple and easy to do including: Meringue, Salsa, Belly Dancing, Flamenco, Samba, Bhangra Indian Dance, Jazz, Cumbia, Waltz, Hip Hop and even some Rock 'N Roll!
- Focus on moving from, toning, flattening and tightening your abdominals and core
- Jack your metabolism up all day long with this awesome form of interval training
- Watch the time fly by; with such fun, energizing and intoxicating music you won't even realize you've engaged in an awesome whole-body workout!
- Find yourself smiling and laughing in class as you enjoy movin' and groovn' with other women who are just like you

Yoga Class Component

- Each week learn 2 yoga postures that target your second Chakra to stretch and open the hips, abs and bootie so your Inner Goddess energies flow!
- Relax and reduce stress
- Lengthen your muscles and create ease of movement
- Learn how to breath and connect with yourself, the present moment and your body
- Understand the mind-body connection of this area of your body

As women, most of us have lost touch with our sensual side. We rarely move, shimmy and shake our hips, booties and thighs. Is it any wonder so many women don't like these areas of their bodies?

Embrace that strong, passionate creature within you and watch your body transform!

In Unleash Your Inner Goddess, through DANCE and movement, you'll reconnect with your hips, thighs and booty and the passionate, alive energy inside you, then as you target and tone these areas, feel your overall sense of feminine energy and power increase. Soon after, you'll start to notice a trimmer, tighter tummy, hips and bootie...all in time for winter snuggling!

2. **Nutritional Fitness & Diet** - Each week you will receive nutrition and diet support and handouts so you can shed holiday weight gain, improve your health and fight off winter depression: All from the comfort of your own home!

See how certain foods and ways of eating can be the key to putting your body into *slim mode* and boosting your energy.

- Learn which foods increase your appetite and which *curb your appetite*.
- Discover why certain foods are actually beauty secrets, improving your skin, muscle tone, hair and body.
- Help balance your hormones with the best fats for optimal health, energy and weight loss.
- Find out how foods influence your mood and how to create balance. Find out how to improve your sex life with libido-increasing foods.

3. **Emotional Fitness & Support** - How you "feed" and use your mind is just as important as WHAT you feed your body and HOW you move your body.

- Learn easy, effortless tips to shift from low moods to *vibrant* moods!
- Find out why your thoughts can sabotage your health and weight loss efforts, and techniques to *think yourself lean!*
- Learn quick and easy-to-do exercises to change your old thought patterns
- Build your confidence and love yourself, just as you are.

Break out of the isolation...join together with other women, tone your body, boost your mood AND celebrate your wild side!

PLUS, you also get:

- **Telephone Support, Education and Coaching:** Six 20-30 minute Interactive Group Teleconferences where you can learn from others, share your triumphs or challenges and receive on-going guidance, support and tips from Amy!
- **Program Handouts** for reference information and to keep you on-track!
- Opportunity for **personal email contact** with Amy if you need it!

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Program Dates and Weekly Topics Outline

Week 1

Exercise Class: Date to be determined (TBD) ...
6:45 PM – 7:25 PM Exercise Class (Multi-Cultural Dance, Latin Dance, Belly Dance)
7:25 PM – 7:35 PM Chakra 2 Yoga Postures
7:35 PM - 7:45 PM Topic of the Week: Intro to Chakra 2: Your Source of Feminine Power!

Handout and Homework: Chakra 2: location, definition and function; guidelines for tuning into the energy in this part of your body, tips for getting in touch with your feelings, your body and intuition

Group Teleconference: Date to be determined (TBD) ...7:00pm- 7:30pm

Week 2

Exercise Class: Date to be determined (TBD) ...
6:45 PM – 7:25 PM Exercise Class (Multi-Cultural Dance, Latin Dance, Belly Dance, African Dance)
7:25 PM – 7:35 PM Chakra 2 Yoga Postures
7:35 PM - 7:45 PM Topic of the Week: Working with Chakra 2 Energy

Handout and Homework: Continuing explanation of Chakra 2 function and guidelines for tuning into the energy in this part of your body, tips for getting in touch with feelings, your body and increasing your intuition. Exercises to open and charge energy.

Group Teleconference: Date to be determined (TBD) ...7:00pm- 7:30pm

Week 3

Exercise Class: Date to be determined (TBD) ...
6:45 PM – 7:25 PM Exercise Class (Multi-Cultural Dance, Latin Dance, Flamenco)
7:25 PM – 7:35 PM Chakra 2 Yoga Postures
7:35 PM - 7:45 PM Topic of the Week: The Goddess Diet Part 1: Establishing a Foundation for weight loss and control

Handout and Homework: Diet Guidelines and Basics: what to eat, portion control, meal timing, blood sugar and craving control; high-energy/low-energy foods

Group Teleconference: Date to be determined (TBD) ...7:00pm- 7:30pm

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Week 4

Exercise Class: Date to be determined (TBD) ...

6:45 PM – 7:25 PM Exercise Class (Multi-Cultural Dance, Latin, Samba, Flamenco, Tango)

7:25 PM – 7:35 PM Chakra 2 Yoga Postures

7:35 PM - 7:45 PM Topic of the Week: The Goddess Diet Part 2: Healthy Hormones and Fats for Fertility & Beauty

Handout and Homework: Dietary Guidelines for balancing hormones and moods, enhancing beauty and revving up your libido; best and worst fats for optimal health, energy and weight loss

Group Teleconference: Date to be determined (TBD) ...7:00pm – 7:30pm

Week 5

Exercise Class: Date to be determined (TBD)

6:45 PM – 7:25 PM Exercise Class (Multi-Cultural Dance, Samba, Tango)

7:25 PM – 7:35 PM Chakra 2 Yoga Postures

7:35 PM - 7:45 PM Topic of the Week: Emotional Fitness: Self Talk and Mirror Work & Energy Medicine Techniques

Handout and Homework: Self Talk Awareness, Mirror Work Exercise, Energy Medicine techniques you can do anywhere to change your mood and help reprogram your thoughts and start getting what you want

Group Teleconference: Date to be determined (TBD) ... 7:00pm- 7:30pm

Week 6

Exercise Class: Date to be determined (TBD) ...

6:45 PM – 7:25 PM Exercise Class (Dance Off: All Dances Review and Freestyle!)

7:25 PM – 7:35 PM Review of all Chakra 2 Yoga Postures

7:35 PM – 7:45 PM Topic of the Week: Program Wrap Up and Q & A

Handout and Homework: T.B.D.

Group Teleconference: Date to be determined (TBD) ...7:00pm- 7:30pm

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Registration

Space is limited to 40 participants and *this program will fill quickly* -- so contact Amy now to reserve your spot! (A minimum of 15 people is necessary to run program)

Class Location: To Be Determined...

Price: To Be Determined...

To Register: Call Now: 978-500-8943

***Special Savings Bonus:**

Refer a friend and you receive **one free week** of classes and materials!

***SUPER Saver Bonus:** Refer 3 friends and you **attend the entire program for free!**

For more information please contact:

Amy Fournier

Unleash the Goddess Within

Awakening your spirit and energizing your body through dance, fitness and FUN!

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