

Sue Morter - Body Awake IX

Product Description

BodyAwake IX:

Conscious Calisthenics: Exercise for Everyone

Conscious Exercise represents a Quantum Leap above and beyond traditional Calisthenic Exercise. It raises your vibration and life force, and promotes vitality in the body. Intentional movement of energy through the body, coupled with simultaneous breath and movement, helps us generate new neuro-circuitry that carries us to higher and higher levels of consciousness.

Whether or not you engage in other forms of conscious movement such as Yoga or Qi Gong, the exercise practices in BodyAwake™ IX will help you merge mind, body, and breath and facilitate your vibrational up-leveling with clarity and ease.

- Use weight lifting, lunges, exercise bands, etc. with BodyAwake™ Breath Work
- Anchor your consciousness as you develop greater body strength
- Bring conscious movement principals of Yoga and Qi Gong into your other exercise practices
- Use regularly for Mind, Body, Breath integration and strengthening