

Workouts for Women

Lose Weight, Feel and Look Good
with Hypnolates™



*A fusion of mind and body
through Pilates and Hypnosis*

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**This book is dedicated to
Women that had ever thought that they were not good enough...**

You are beautiful just the way you are
You can see now
You are infinitely intelligent
You are loved
You always have your internal feelings to guide you
You are the light



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Introduction: Workouts for Women Lose Weight, Feel and Look Good with Hypnolates™

First thing I want to congratulate you for being attracted to this book, It is my highest desire that you really enjoy your fantastic and beautiful journey of life.

Second thing; what is your Purpose? Before starting this book get really clear on what you would like to get from reading the book. You will be nicely surprised in how this book will talk to you and improve your over all body condition, your minds perspective, your emotional self and to give you, what you're really searching for.

Whether you are at the beginning or at the end of your weight lose, fitness, mind, body & spiritual journey you will be able to remember what you are here for. Something special to you and the people around you, that special something can be to have a beautiful life.

It will be wonderful that you can share the message in this book along with the personal discoveries with everyone that you love, trust & admire. There is something in this book for everyone.

It is my purpose with this book to help others like me, to remember that there is only one thing and that the mind, body and the spirit are all one - working together for the experience of the most beautiful and amazing rewarding life. It takes only one moment, a picture or a thought to feel good and happy in your own skin; you can experience and accomplish an amazing life. You are unique as you are, even if you'd like to change your weight, your body shape and size. You will always be perfect the way you are, in your mind & body. You are Energy and the Energy will be always be running perfectly free in life.

It's never too late, too early; you will never be too old or too young. You will never have to much or not enough time. Be too feminine, to masculine, to busy or too bored, too strong or too weak, too fearful or too courageous, to show to your friends, family, co-workers or to yourself, who you really are. You are much more that what you can see with the physical eyes, much more than you can feel or perceive about yourself.

Your wonderful life is just starting, there is so much more wonderful things to archive and discover. There is more life waiting for you to see, to love, success to accomplish, love to share, moments to enjoy with your friends & family, much more energy that will give you the passion that you need, to be relax, to be in total peace, more places to experiences, friends to meet, happiness to share, people to help, things to make, healing to occur and more of you to be free and shine more than ever before.

You are now in the perfect place; you are safe, secure and loved by the perfect “You”. Any possible fear has become courage and that courage is now your fuel to show to yourself, and if you choose... even to the world: how wonderful you really are. Enjoy this book... it was created just for you. You now have two things to see your beautiful mind, body & soul connected, one is Pilates and the other Hypnosis.

Transforming your Weight, Body, Fitness, Mind, Spirituality and... Your Life, with a fusion of mind and body through Pilates and Meditational Hypnosis.

Discover the secrets of the mind; relax and develop a powerful sense of self motivation, feel compelled to achieve your goals. Sinking into a trance-like state will help to boost your unconscious, release unwanted luggage, and move towards the best possible life.

Hypnolates embrace a routine that “connect mind, body & spirit, develops an energy balance, corrects wrong posture, revitalize physical vitality, refresh the mind, and elevated the spirit to your higher self”

- **Connect Mind, Body & Spirit**
- **Get flat Stomach & Help Weight Control**
- **Improve Self-Confidence**
- **Vaporize Self-Sabotage**
- **Get Stronger and Improve flexibility**
- **Improve Posture & Reduce Back Pain**
- **Feel and Look Good**
- **Reduce feeling of depression and anxiety**
- **Energy Clearing & Emotional Healing**

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I don't have time!

Many women say that they don't have time to exercise; they believe that they don't have enough hours in the day to do everything that they need to do and that it's true, because they believe it.

One of my best friends told me; "YOU can call it how you want it, tell yourself what you want to hear and I'm sorry if you feel bad about it, it's going to get uncomfortable so please sit down"

And she gave me the bad news....

In my 19 years of experiences in the Fitness Industry, I haven't seen it all...
"But I have heard women's tell me all sorts of reasons and excuses!"

Tell me? Did you just think of any of the following reasons and excuses to not exercise?

1. "I just don't have the time"
2. "I don't have any motivation"
3. "I just can not do it, my knees... my back... I've got injuries and if they get worst I won't be able to do my job, to look after my children, my family, my mother..."
4. "I'm too busy... and its really impossible to find the time to do it"
5. "I've got depression"
6. "Here its too cold, too hot, too humid - to exercise"
7. "My kids are too small; I will do it when they grow up"
8. "I don't like exercise, that isn't for me"
9. "I have a full time job, I have to get up early, and I have so much to do"
10. "I'm tired & I don't have the energy"
11. "I'm in my 40's, it must be the menopause and women's need more body fat to get through the menopause"

Have you ever experienced this? Time, money and injuries are the most common excuses that every woman uses to not exercise! Or to not take action!

They just give up!
They give up on their body, they give up their femininity, and they give up their life's
"Yes", they just give up!!

And for what? : Because it is so much harder to do something about it than to just give up
and stay the same.

And only sometimes when they realize that they can't wear that special dress or they get
fed up and they have had enough of it!

They can't move very well out of their chair or sofa, that it's difficult to go up stairs and
that it's hard to sleep.

And then; "they go on this magic diet", "the magic exercise program the magic tablet and
the magic quick fix", to get them out of the pain "they pay with their money and with
their pain",

You may have never done this before!
You may know somebody that has done this - don't you?
And you may also know them... very well!

You can get back the years you lost putting exercise off - TODAY
NOW!! you can do something about it
I'd love to hear from you!!!
I'm confident that you will do whatever it takes to get what you want

- Take charge of your life NOW!!!
- You choose the POWER of "Change"
- Let me help you make the "Change"

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Know where you are at

Please rate the areas of your **Health & Fitness life** in terms of the results you are getting in this area right NOW?

10 being the best result & 0 being no result “tick” the squares to mark the level you believe you are right now.

Area Health & Fitness	0	1	2	3	4	5	6	7	8	9	10
Body Fitness											
Mind Fitness											
Spiritual Fitness											
Food plan											
Exercise routine											
Mind routine											
Spiritual routine											

Now take few minutes to describe your **Health & Fitness life** as it is for you right now, not how you wish it would be.

What is working for you?

What’s not working the way you want?

What are you doing that you are satisfied with and dissatisfied with?

What aren’t you doing that you wish you were?

And how does that make you feel about yourself, and behave towards yourself and others?

How are you currently behaving in this area of your life?

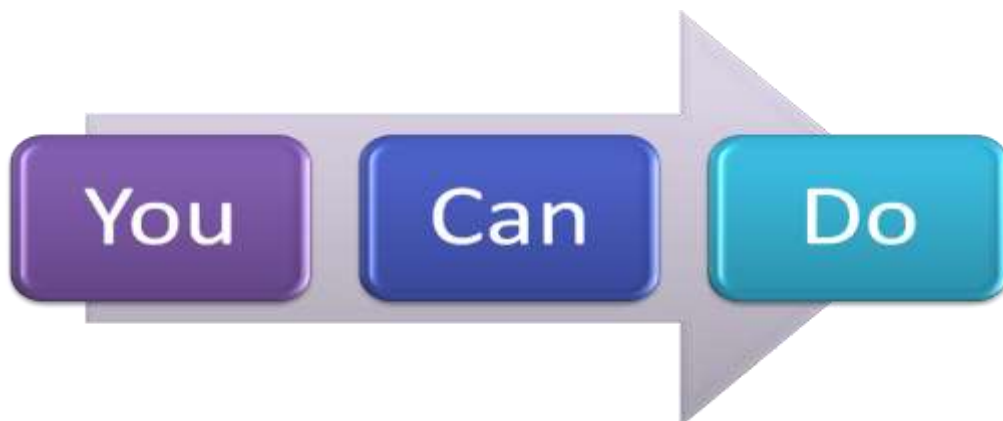
What emotional states do you often 'dwell' in, in this area?
Frustration? Anxiety? Overwhelm? Irritation?

There may be some areas that are going really well, but you want them to be better, so jot down what or how it could be better.

How is this area affected by other people? By other events?

How does this area affect you and those around you, socially, emotionally,...?

WELL DONE!



Have a goal

Write down what do you want in your **Health & Fitness life** and the 10 Actions steps to get it!

1. _____

10 Actions steps

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

2. _____

10 Actions steps

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Eight Principles of the Pilates Method

Hypnolates : a fusion of mind & body thought Pilates & Hypnosis

♣ There is a definite logic to the order, and if you start at the beginning, your body will be preparing to advance in a gradual and healthy way.

Eight Principles of the Pilates Method



Concentration
Breathing
Centering
Control (Strength)
Precision
Flowing movement
Isolation (Flexibility)
Routine



Concentration:

Pilates more than other exercises programs requires meditation in movement & focus.



The Perfect Posture:

Pilates address the body as a whole correcting the body's asymmetries and chronic weaknesses to prevent injury and to bring the body back into mind & body balance.

When sitting or standing:

- 1- "Pull the navel in, towards the spine"
- 2- Imagine that you are wearing very small jeans and draw the stomach in to zip up the jeans
When was the last time you felt these lower core & abdominal muscle working?
MAINTAIN THIS FOR EVER & EVER!!
- 2- Lengthen the ribs away from the hips.
- 3- Lengthen through the crown of the head - feeling straight.

Breathing:



*The breathing makes the exercise easy & effective!
It is vital to learn to breathe correctly in order to gain maximum benefit from the exercise.*

Imagine expanding the ribs cage like an air balloon, in the side ways

- 1- Keep the neck and shoulders relaxed.
- 2- Breathe in through the nose for five second count.
- 3- Breathe out of the mouth with a sigh for a 5 second count.
- 4- Breathe into your back, sides of the ribs and shoulder blades.
Visualise your back expanding like an air balloon!!
- 5- “Pull the navel in, towards the spine” at the same time that you breathe out of the mouth (relax face, lips and open the mouth) with a sigh for a 5 second count

Centering:



Pilates definition of the Centre:

The distance between our ribs and hips, front back and sides”. Again and again, “pull the navel in”

The Power House & “Energy Power Centre”:

How to find your Power house & “Energy Power Centre

- 1- Place your fingers on the top of your hipbones draw a line between these two points. Place your hands in the centre of the line (approx 5-8 cm below your belly button) and draw in the navel towards the floor.
You can also pretend that you are wearing very small tight low cut hip jeans the power house is the line where the jeans need to button up & zip up.

2- Without hunching your shoulders forward, tucking your pelvis under, squeezing your butt or holding your breath.

Neutral Spine:



Neutral Spine helps to connect the core muscles and relax the spine

Here’s how you can feel Neutral spine:

Lie on your back with your knees bent and your feet flat on the floor.

Your spine should have two areas that do not touch the mat underneath you: your neck and your lower back (the cervical spine and lumbar spine, respectively). These natural curves in your back function to absorb shock when you're standing, running, jumping, or walking. When you sit, it's important to maintain the natural curves in your spine to prevent lower back and neck strain.



Too much Curve
Arching your back
off the floor



Not enough curve
Flattening your back
on the floor



And Just right (neutral spine)
Natural spine curves!

The Tripods:

You Posture starts from your feet!

The placement of the body's weight will be evenly distributed over the three points that form a triangle on the feet:



- 1- The points being-the ball of the big toe
- 2- The outside edge of the foot
- 3- The centre of the heel

Placing equal pressure on the outside edge of the foot, big toe and heel, you may feel your arch holding you better.

Control (Strength):



Control & slow movements allows you freedom.

Joseph Pilates originally called his method Contrology, so one of the most fundamental rules when doing Pilates is to control your body's every moment.

When focusing on control of a movement, the body is forced to recruit helper muscles, which are usually smaller than the main muscle, the big muscle don't have to do all the work by themselves. Over time, the muscles grow long as well as strong.

Precision:



Precision is a lot like Control.

Remember: what muscle you use and what muscle you don't use!!

- In the picture the focus is on the abdominal muscles – the neck & shoulder muscles should be relaxed

The little things count.

A goal is to focus on the specific muscle that should be working and relaxing all the muscle that may want to help out but shouldn't.

Flowing Movement:



Is like a dance, in that the flow of the body is essential.

This way of moving bring flexibility to the joints and muscle and teaches the body to elongate and move with even rhythm. Flowing movement integrates the nervous system, the muscle and the joints and trains the body to move smoothly and evenly.

Isolation (Flexibility):



Once there is better control of the muscle group, Nice control over that muscle can be obtained and increased isolation of that muscle can be achieved.

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