

YOGA LATES

Series
EMPOWER



G.M. GLOBAL | GROUNDED IN MOTION

CULTIVATE INNER CONFIDENCE, COURAGE & CURIOSITY

Our Empower guidebook is the perfect resource to help you as you progress along your inward journey of self-discovery. The practical tools and resources provided throughout this program will help you elevate your present level of awareness and deepen your appreciation for life. Through the practices of yogalates, a combination of yoga and pilates principles, and mindfulness techniques, we will learn to love ourselves wholeheartedly and show up in a space of acceptance and empowerment. We are all beautiful and brilliant beings with unique qualities to share with the world. Allow this series and guidebook to help you uncover the inner magic you have to offer.

We appreciate that healing and transformation looks and feels a little different for all of us. With this mind, we crafted 7-day, 14-day and 30-day mindful movement schedules to ensure that you can participate in this series while honouring your present life situation. Alternatively, you can use our interactive planners and templates to create your own self-care routine. Remember that you are in charge and you get to decide if you want to mix things up all together. Gift yourself a moment of gratitude for your enthusiasm to honour and nurture your wellbeing. We hope that this Empower series brings you the strength to cultivate inner confidence, courage and curiosity. May you experience true peace and joy.

*Learn to show up as your
authentic self in a loving
and wholesome way.*





ESTABLISH EMPOWERING PRACTICES & BEHAVIOURS





Before you Begin

G.M. GLOBAL | DISCLAIMER

The techniques supplied in G.M. GLOBAL 'Empower' have been designed to ensure a safe and enjoyable practice. The content has been performed and practiced in our studio and has proved beneficial results. Dedication and care have gone into every component of this guide. However, you may not achieve the same results. This could be due to a multitude of reasons such as age, quality of practice, focus, environment, and level of experience with physical and mental activity. We suggest that you use the provided information and practices as a guide and make your own judgement accordingly.

The ideas and viewpoints presented in this guidebook solely reflect the authors opinions. Please use them as a reference only. G.M. GLOBAL claims no responsibility for your decisions or any outcomes that may result before, during, or after use of this guidebook and series. The content in this guidebook has been curated by G.M. GLOBAL. Permission must be granted from the author to reproduce content in any form.



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EMPOWER SERIES OBJECTIVES



NOW IS THE OCCASION TO TAKE RESPONSIBILITY FOR YOUR
LIFE AND EMPOWER YOURSELF WITH LOVING KINDNESS.

This Empower guidebook has been created to help you flourish and blossom into the greatest expression of yourself. Life is a continuous process of evolution, exploration and adventure. The discoveries and practices that you establish throughout this Empower series are designed to transcend the practice of mindful movement and radiate outwards into the expression of your daily endeavours. Our aim is to help you reawaken your inner fire and remember the infinite capabilities that are forever available for you. This guidebook is the ultimate companion empowering you to fiercely demonstrate confidence, courage, curiosity and creativity in whatever way, shape, or form it manifests for you. This guidebook affords you an invitation to rise above all that no longer serves you as you step into the embodiment of your highest self. Always remember that you are worthy and deserving of realizing your dreams and actualizing your potential. Know that there is great love here for you.



As you prepare to surrender to the intuitive forces of your inner guidance system, gift yourself a moment of inward reflection. Allow yourself to be honest about where you presently are on your journey. Be truthful about how you are feeling, what you are thinking, and what lifestyles practices you are currently involved in. It can be helpful to know where we are starting from that way we have an indication as to where it is we would like to go. Allow your heart and soul to align your trajectory with your innermost dreams and desires, knowing and trusting that the right path will present itself to you. Remember to practice non-judgement along your journey. Any hindrances or obstacles that you may stumble upon are actually disguised opportunities here to help you generate the fuel to keep moving forwards, they are a part of the clarification process to help you articulate what it is that you do want. If ever you feel discouraged, return inwards and notice your inner dialogue and breathing patterns. You always have the volition to choose another thought and to invite mindfulness into the practice of breathing. Ask questions, try something new and be bold as you get to know yourself.

Sending you love and light!

BENEFITS OF MINDFULNESS & MOVEMENT PRACTICES



ALLOW THE GENTLE MOMENTUM OF MINDFUL MOVEMENT
TO NOURISH THE SOUL.

The practices of mindfulness and movement can help us radically transform our experiences and perceptions of reality. Mindfulness is an invitation to be more aware of the unfolding of life in a calm and curious manner. When we practice mindfulness we are able to slow down and detach ourselves from any emotions or stories we might be holding onto. This newfound space of clarity illumines our perceptions and fosters the framework to establish new inner foundations built upon truth and transparency. Practicing movement, in a gentle and loving way, enables us to reconnect with the body and realize that there is more to us than the incessant narratives that play on repeat within the mind. When we can gain access to the physical sensations of the body we can begin to appreciate the interconnectedness between mind and body. We are able to realize the effects that thinking and feeling have on the expressions and physical manifestations of the body. From this space of awareness we can exercise freedom of choice to show up in a way that nourishes ourselves, our communities, and our environment.



YOGALATES

Yogalates is a fusion of yoga and pilates principles designed to help us strengthen and tone the muscles of the mind and the body. In this series we will be performing slow and controlled repetitions to help us deepen our level of awareness and appreciation for what is going on within our own personal sphere of existence. By staying focused when situations appear to get a little heated, we can cultivate the concentrative capabilities to help us handle whatever life throws our way. Yogalates is a wonderful entry point for anyone who is new to strength-based mobility movement as all the sequences, in this series, are low-impact. The postures we perform are also in close connection with the earth so we have the ability to improve balance and stability all the while knowing that we are grounded and supported. We will have the opportunity to explore major muscle groups in isolation to help us get a feel for where tension and emotions are being stored and expressed within the body. Through the practice of mindfulness and intentional breathing we will be able to release unwanted beliefs and stagnant energy to help us show up feeling confident, empowered and capable.



YOGA

The exploration of yoga, in this series, is inspired by the traditional practice of mindful breathing and movement to establish a state of pure awareness and unity. When we combine these elements together we create a state of synergy within the body enabling us to ascend in consciousness, creativity and compassion. When we are aware of what it is that we are actually saying, doing, thinking, or feeling we are able to make more informed choices that are in alignment with our values. The practices centred around yoga, in this series, gift us the occasion to slow down and rest in potentially confronting postures and configurations. When we can learn to manage our experience in a controlled and safe environment, we generate the potential to apply these understandings into overcoming the challenges and circumstances of daily life. When we continue to strengthen our ability to rest in an abode of stillness, we are able to realize the separation that exists between us and our emotions. From this viewpoint, we can become more solution-oriented and begin to create constructive opportunities for ourselves and those around us. We are able to invite a suppleness into our experience. Yoga is ultimately a moving meditation through the melodies of nature.



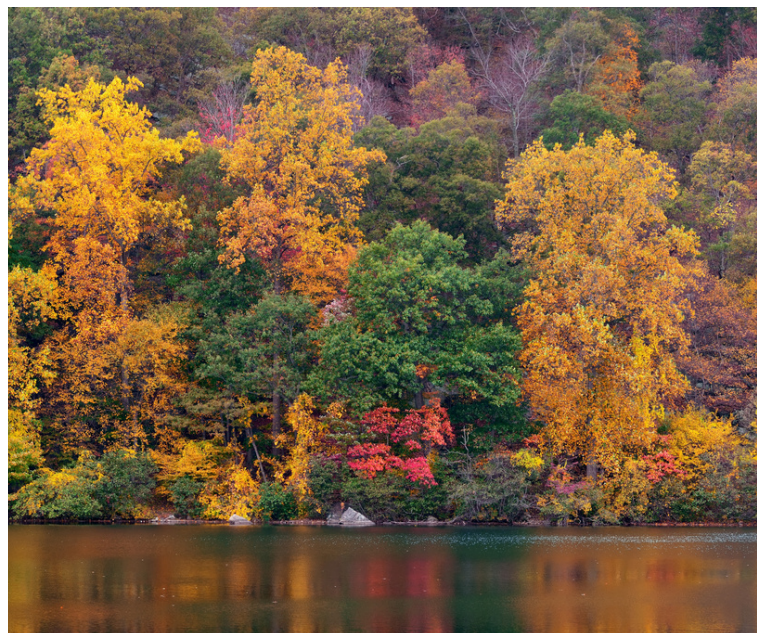
MINDFUL BREATHING

Mindful breathing is the golden link between the mind and the body. By choosing to breathe in a loving and compassionate way we are able to free ourselves from unwanted emotional states or physical sensations in the body. Mindful breathing can be as simple as guiding our awareness to the manifestation of the breath within the body. Perhaps this means observing the rise and fall of the belly with each subsequent inhalation and exhalation, or maybe it means noticing the inflow and outflow of air from the nostrils. Remember that mindfulness is different for all of us so lean in to the subtle cues that present themselves to you. In other instances it can actually be beneficial to change the rhythm of the breath altogether, such as when we are feeling anxious or overwhelmed. In the aforementioned scenario it can be helpful to take gentle inhalations and long and gradual exhalations to help us switch our inner software into a state of peace and tranquility. On other occasions, however, you might like to generate heat within the body, which is when short and forceful breathing could help you achieve this internal state. Pay attention to the feedback you receive from your own mind and body throughout this series and experiment with mindful breathing practices to help you feel most empowered and present.

Tools for Empowerment

Love Yourself

The key to developing a wholesome and empowering relationship with yourself is to first love yourself. The missing word from the aforementioned statement is 'unconditionally'. In order to establish an ongoing presence of confidence, courage and creativity it is essential to love yourself unconditionally. This means loving yourself when you don't perform your best, loving yourself when you don't follow through with your intentions, loving yourself when you miss out on an opportunity that you were sure was a given, the list goes on. If we begin to set up parameters to only love ourselves when we feel a certain way or achieve a certain outcome, we confine our spirit within a wall of restrictions and our capacity to express our unique and creative nature diminishes. This perpetuates the cycle of dissatisfaction as we continue to set the bar higher and higher, never giving ourselves the freedom to learn and love as we go. So, how do we resolve this predicament? We let go. We practice detaching ourselves from people, places, circumstances, thoughts and emotions. From this vantage point we are able to appreciate the ephemeral nature and constant change of life. We all have periods of growth, periods of learning, periods of reflection and periods of restoration. If we can learn to marvel in the wonders that each facet of life offers us, we can, with time and patience, transform suffering into serenity and self-love. From a space of unconditional love, our self-imposed distortions return to their native nothingness and we are able to see the world with greater clarity and, in turn, radiate this love outwards and share it with our environment. On the following page you will find a list of practical approaches that you can explore to invite more loving kindness into the unfolding of each day. If something resonates with you try it, if something sounds a little off, move on. You might even like to consider practicing some inward reflection to uncover what it is within you that is presently resisting any of the provided suggestions.



LEARN TO LAUGH IT OFF

As the old adage confirms, laughter really is thy medicine. When you are in a funk or you are feeling frustrated with yourself or those around you, see if you can invite some humility into the situation. Recognize that we are all trying to find our way in this world and the more compassionate and friendly we can be towards ourselves and others the more of this we will receive in return. It may feel forced and a little awkward at first, but we all start somewhere. Even if it's just a few giggles, or gurgles, try to reconnect with the spontaneity of your inner child. Not only will the mind begin to settle, but the act of releasing stored energy, through the vibrations of laughter, will help the muscles of the body soften so that you can physically relax.

PRACTICE GRATITUDE

Expressing appreciation for what you already have is a guarantee to set you on the path of positivity, purpose and peace of mind. It's easy to catch yourself drowning in a pool of hopelessness, self-pity, criticism and comparison, but these foes will not take you far in life. Learn to drop the negative self-talk, and replace this inner dialogue with something wholesome and empowering. Every time you catch yourself veering off on a tangent that your don't want to visit, thank yourself for having the awareness to even notice this. This is an opportunity to express gratitude for your ability to be mindful. The more you fill yourself with positive affirmations and gratitude, the easier it will become to call upon these tools when you actually need substantial reinforcement.

FOCUS ON YOUR STRENGTHS

We all know, or have heard of someone, who is succeeding in just about every avenue that we would like to pursue in life. It can seem as though people are always getting to the finish line before us, or perhaps they're even beating us to the starting line. When we are continuously exposed to stories of high achievers and wondrous talents it can feel a little threatening to expose ourselves in the midst of said performers and prodigies. That's the problem with the mindset of competition, it leaves us feeling vulnerable and soulless. The good news is that you don't have to view the world this way. An opportunity to remind yourself that everything in life IS A CHOICE (although it may not always feel that way). So, where to from here? Instead of meditating on all the reasons why you are unqualified, incapable, or worthless, swap the narrative. When you catch yourself stop, be bold and cut the mind off mid-sentence. Use this a starting point to focus on all of your beautiful, empowering, and unique qualities. If you are unsure where to get started, get out a piece of paper and literally write a list of your strengths. Reflect on these often and see how you can expand and nurture these treasures throughout the practice of daily endeavours.

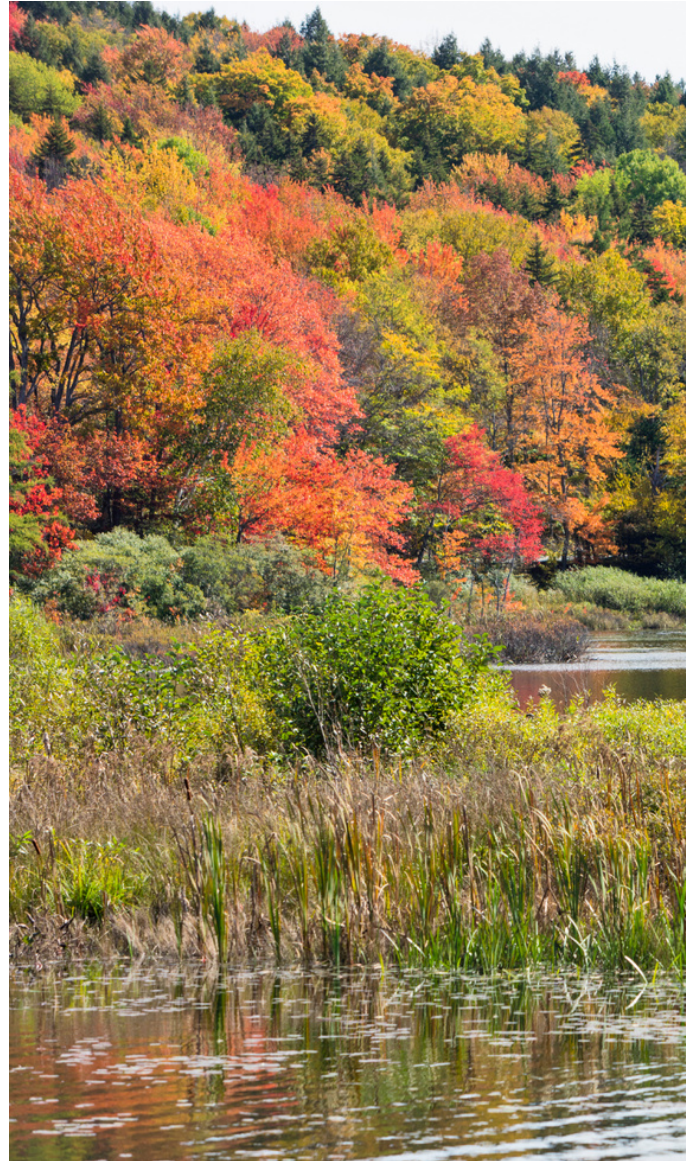


LEARN WHEN TO SAY NO

Sometimes loving yourself means learning when to put your health and wellbeing first by saying no to people, places and situations. This can be a challenging habit to master (still figuring this one out), but it will continue to serve you for years to come. As with all skillsets the more we practice them the easier and more fluid they become. Starting small can always help us build the inner strength and courage to say no when more challenging propositions affront us. Saying no could look like choosing self-care over tagging along with your friends on a night out when you know that you are burnt out from a big week of work-related affairs. Self-love could mean saying no to something in the short-term that you know would ultimately set you off track in the long-term. Getting quiet and returning inwards, either through meditation, journaling or a walk in nature, can all be great tools to help you reconnect with your inner guidance system and truly know what is right for you in the moment.

BE GENTLE

Being gentle with yourself is a tremendous asset when it comes to learning how to practice self-love. As soon as we soften, whether it's physically, mentally or emotionally, all resistance that we were previously harbouring dissipates and we are illumined by a space of inner stillness. It is in this space of tranquility that we can nurture our wellbeing by practicing acts of gentleness and loving kindness. Maybe being gentle means letting yourself rest, physically, when you've been pushing yourself too hard; or perhaps being gentle looks like honouring a soothing self-care routine such as gentle stretching, yoga, meditation, reading, journaling or any other calming activity. Being gentle with yourself can be as simple as reminding yourself that 'this too shall pass' when life is not making sense. Gentleness is all about cleaning the lens with which we view ourselves and the world through. Tune into your inner narratives, notice the ebbs and flows of energy and your emotions, and see how mindfulness can help you shift away from that which is unwholesome and, instead, lean into that which is nourishing for the heart and soul.



Cultivate Confidence

Doing the Small Stuff



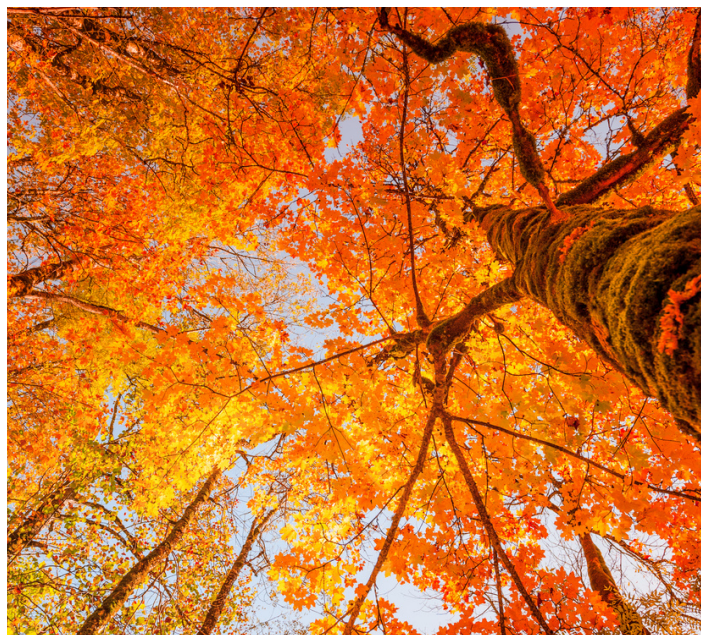
Confidence can, at times, feel like a daunting prospect that puts us off ever taking any action towards pursuing our goals. It's as though we are waiting around for confidence and courage to strike before we decide to get on with life. Perhaps a more practical approach towards cultivating confidence is to see the potential for growth and resilience in the undertaking of the most seemingly trivial tasks. When we can create lots of 'mini' situations where we call upon confidence, we begin to gain momentum and establish a firm belief in our capabilities, so that when the big situations do come around, we have a whole toolkit of wisdom and experience to work with. Building inner confidence could look like actually getting out of bed in the morning when you set your alarm and showing up to the goals you set out for yourself the night before. Cultivating confidence while 'doing the small stuff' could look like giving yourself a pat on the back and reflecting on all the beautiful qualities and attributes you displayed during the meeting or interview you just had, rather than focusing on everything that went wrong. This way, when you are next summoned to perform a similar task, you will remember all the good attributes that are within you and you'll shine the light of consciousness on those instead of any undesirable traits. Courage and confidence can be incorporated into anything and everything and it all starts with your mindset and how you choose to view and shape each experience. Remind yourself that the choice is always yours to make!



Self-Care Routine

As discussed earlier in this guidebook, self-care is a wonderful transformative tool to help you explore your capacity to love-yourself and establish an inner matrix of empowerment and courage. This practice is all about getting to know yourself and figuring out which activities inspire feelings of joy and enthusiasm from within. If you are feeling lost it could be helpful to get out a piece of paper and start brainstorming words, ideas or anything positive that comes to mind. From here you may be able to draw upon some common themes that help you articulate your interests a little more clearly. Maybe you discover that you like journalling and yoga, and with this insight you could cultivate a morning self-empowerment routine where you show up to nurturing these interests early in the day before you start serving others. The key here is consistency. You want to establish a practice that you can maintain with flexibility, over time, so that you can start creating inner courage and confidence. Every time you show up to this self-care ritual, whether it's in the morning, afternoon or night, you are affirming to yourself that you can be trusted and that you honour your word and care about your wellbeing. This is empowering stuff. Get ready to go deep and build upon your existing practices, continuously learning, reflecting and growing to help you establish the ultimate self-care routine. Having a morning and an evening self-care ritual can be so beneficial for your inner wellbeing. Below you will find a short list of possible self-care practices:

- MINDFUL MOVEMENT
- GRATITUDE
- JOURNALLING
- MEDITATION
- CONNECTING WITH NATURE
- NOURISHMENT
- READING
- ANY CREATIVE EXPRESSION



Affirmations for Courage, Confidence & Empowerment

Affirmations are one of the greatest tools to help you establish a healthy relationship with yourself and the world around you. Our innermost beliefs, tucked away at the core of our being, absolutely condition how we respond (and oftentimes react) to life. Perhaps you are wondering where these 'values and beliefs' came from? We can be totally unaware of certain aspects of ourselves that cause us more detriment than good, as these beliefs can be subconsciously transmitted, or passed down to us, through our parents, family, society, the media, and race thoughts and autosuggestions of generations who've come before us. You might be considering whether it's even possible to deduce the origins of all the 'stuff' in our heads. Fortunately, this isn't necessary to radically shift the way we perceive our life situation. We can turn our focus in the opposite direction and begin to notice prominent shifts in our mood, energy, feelings and general vibe. We may not be able to choose what thoughts materialize in the mind, but we can certainly choose to guide our attention elsewhere and call upon other, more wholesome, thoughts. This is the basis of the practice of affirmations (in our experience). They help us fill the essence of our being with positive empowering conversations so that these can become the predominant mental material we encounter. Your approach to practicing affirmations can make all the difference to how you experience the magic of this marvellous practice.

When first experimenting with affirmations it can be helpful to find a quiet and comfortable space where you feel at ease. You might choose to write down several affirmations and read them out loud, using the power of intonations and vocal inflections to help you inject meaning, feeling and purpose into these statements. When you do this in a state of relaxation, your inner mind is more likely to accept these suggestions and get to work on bringing forth similar discourses. Alternatively, if you were to practice affirmations in a state of resistance, or inner turmoil, the mind would instantly reject these statements and bring to the surface opposing ideas of which you were hoping to avoid in the first place. If this happens, return to the breath, still the body and

the mind, and allow yourself to welcome any unwholesome thoughts, bless them, and then let them go. This might seem counterintuitive, but the act of peacefully receiving them will enable them to pass as quickly as they arose.



DAILY *Affirmations* Empower

I am worthy of abundance

I am a vessel of love and light

I trust my inner guidance system

I radiate joy

I love my life

I meet every situation with confidence,
courage, calmness, curiosity and creativity

I trust the flow of this day

Journal Prompts

Below you will find some suggestive journal prompts that may help you go deeper in the discovery of your true self, your interests, your purpose and the exploration of your soul. Modify these accordingly or change them up all together. This is your life and you get to decide what goes!

What do I love about this new day?

How can I implement changes in my behaviour to be more mindful and kind?

Who inspires me? What inspires me?

What challenges am I ready to overcome?

What practices and strengths enable me to show up authentically towards myself and others?

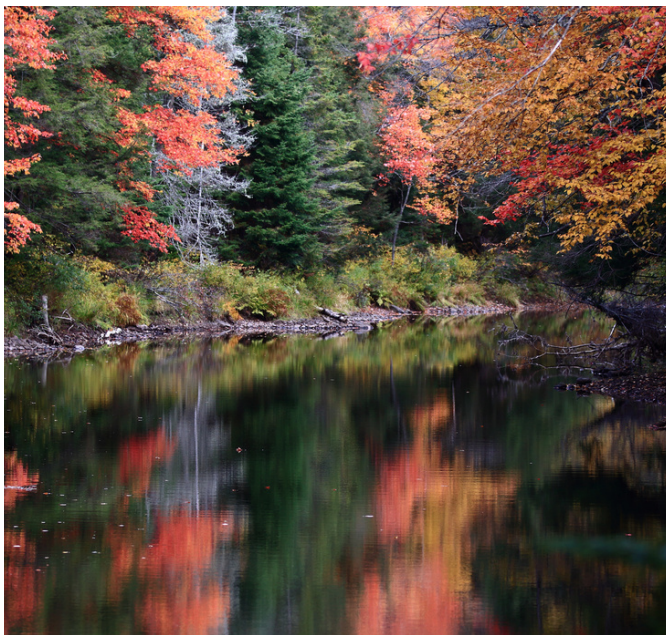
What are 2 practices that I could implement daily to help me embody my inner courage and confidence?

When do I feel best about myself? What makes me radiate joy and appreciation?

What thoughts, behaviours and feelings am I ready to let go of?

What does 'empowerment' mean to me?

What advice would my highest self be giving me right now? How would this help me step into my full potential?



WEEKLY

Schedule

Empower

MONDAY

Mindful Yoga Warm-Up (15 min)
Yogalates Inner Thighs (35 min)

TUESDAY

Yogalates Core Strength (20 min)
Yogalates Glutes Vol. I (25 min)

WEDNESDAY

Yogalates Posterior Power (30 min)
Mindfulness Meditation (10 min)

THURSDAY

Yogalates Arms & Abs (20 min)

FRIDAY

Yogalates Glutes Vol. II (25 min)
Yogalates Glutes Vol. III (35 min)

SATURDAY

Yogalates Full Body Flow (30 min)

SUNDAY

Yin & Hatha Yoga Fusion Flow (30 min)

14 DAY

Schedule

Empower

DAY 1

Mindful Yoga Warm-Up (15 min)

DAY 8

Yogalates Glutes Vol. II (25 min)

Yogalates Glutes Vol. III (35 min)

DAY 2

Yogalates Core Strength (20 min)

Yogalates Glutes Vol. I (25 min)

DAY 9

Yogalates Full Body Flow (30 min)

DAY 3

Yogalates Inner Thighs (35 min)

DAY 10

Mindful Yoga Warm-Up (15 min)

Mindfulness Meditation (10 min)

DAY 4

Yogalates Arms & Abs (20 min)

DAY 11

Yogalates Inner Thighs (35 min)

DAY 5

Yin & Hatha Yoga Fusion Flow (30 min)

DAY 12

Yogalates Arms & Abs (20 min)

Yogalates Core Strength (20 min)

DAY 6

Yogalates Posterior Power (30 min)

DAY 13

Yogalates Glutes Vol. I (25 min)

Yogalates Posterior Power (30 min)

DAY 7

Mindfulness Meditation (10 min)

DAY 14

Yin & Hatha Yoga Fusion Flow (30 min)

30-DAY *Schedule*

DAY 1 Mindful Warm-Up (15 min) Mindful Meditation (10 min)	DAY 2 Yogalates Core Strength (20 min)	DAY 3 Yogalates Glutes I (20 min)	DAY 4 Yogalates Inner Thighs (35 min)	DAY 5 REST DAY Yin + Hatha Yoga (30 min) <i>(Optional)</i>
DAY 6 Yogalates Arms & Abs (20 min)	DAY 7 REST DAY Mindful Warm-Up (15 min) <i>(Optional)</i>	DAY 8 Yogalates Posterior Power (30 min)	DAY 9 Yogalates Glutes II (25 min) Yogalates Glutes III (35 min)	DAY 10 Yogalates Full-Body Flow (30 min)
DAY 11 REST DAY Mindful Meditation (10 min) <i>(Optional)</i>	DAY 12 Yogalates Inner Thighs (35 min)	DAY 13 Yogalates Core Strength (20 min) Yogalates Arms & Abs (20 min)	DAY 14 Mindful Warm-Up (15 min)	DAY 15 Yin + Hatha Yoga (30 min)
DAY 16 Yogalates Full-Body Flow (30 min)	DAY 17 REST DAY Mindful Warm-Up (15 min) <i>(Optional)</i>	DAY 18 Yogalates Glutes I (20 min)	DAY 19 Yogalates Posterior Power (30 min)	DAY 20 Yogalates Glutes II (25 min) Yogalates Glutes III (35 min)
DAY 21 REST DAY Yin + Hatha Yoga (30 min) <i>(Optional)</i>	DAY 22 Mindful Warm-Up (15 min) Mindful Meditation (10 min)	DAY 23 Yogalates Full-Body Flow (30 min)	DAY 24 Yogalates Core Strength (20 min) Yogalates Arms & Abs (20 min)	DAY 25 Yogalates Glutes I (20 min)
DAY 26 REST DAY Mindful Meditation (10 min) <i>(Optional)</i>	DAY 27 Yogalates Glutes II (25 min) Yogalates Glutes III (35 min)	DAY 28 Yogalates Inner Thighs (35 min)	DAY 29 Yogalates Posterior Power (30 min)	DAY 30 Yogalates Full-Body Flow (30 min)

WEEKLY

Affirmations

Empower

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Notes

WEEKLY

Goals

Empower

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Notes

WEEKLY

Schedule
Empower

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

14-DAY

Schedule
Empower

DAY 1

DAY 8

DAY 2

DAY 9

DAY 3

DAY 10

DAY 4

DAY 11

DAY 5

DAY 12

DAY 6

DAY 13

DAY 7

DAY 14

30-DAY

Schedule

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

Daily Gratitude Practices



5 Things I am Grateful for Today:



Daily Gratitude Practices



How Can I Invite More Gratitude into My Day?

My Goals for Tomorrow to Invite More Success into my Life:



Thank You

G.M. GLOBAL | GROUNDED IN MOTION

Thank you for exploring the possibilities of a Empowerment. We hope you have enjoyed these practices as much as we have. We are delighted to have shared the marvels of these empowering resources with you. Good luck on your journey of experiencing a holistic and wholesome life. May your future bring you health, happiness, and abundance. If you appreciate the content available in this guidebook, we invite you to explore our other community based offerings [here](#).

You are able to experience this illustrative Empower guidebook thanks to the graphic design platform Canva. We are forever grateful for their hospitable services connecting a community of individuals through their meticulously crafted artistic software. If you have any questions, comments, feedback or would like to further progress on your wellness journey, contact us at g.m.global.community@gmail.com

May you experience true peace and joy.