



by Christina Leon

# The New Concept of Manifestation through Movement

**H**ave you personally stopped to realize the amazing power that lies within you? Have you ever thought about what you are passionate about and what it is that you want to create in your life? Now, can you imagine offering a program that offers a kind of self empowerment and opportunity to manifest? Are you looking to create a buzz that will attract people to your location? Take a moment and read each of the quotes below, then stop and think about each one for a few moments:

- “All that we are is the result of what we have thought.” – Buddha
- “Whatever we think about and think about, we bring about.” – John Demartini
- “You create your own universe as you go along” – Winston Churchill 1874-1965
- “Whether you think you can or can’t, either way, you are right.” – Henry Ford 1863-1947
- “Take the first step in faith. You don’t have to see the whole staircase, just take the first step.” – Martin Luther King Jr. 1929-1968
- “You become what you think about.” – Earl Nightingale
- “What ever the mind of man can conceive and believe, it can achieve” – Napoleon Hill

Each of these statements is powerful and was made by someone who has affected thousands, if not millions of people. Our culture is making a quantum shift toward “manifesting the life you want.” Through affirmation and intention, you can have whatever you want. How does this apply to you, a fitness owner or director? It impacts you if you have the ability to realize how this type of a program can impact your members and therefore, your bottom line.

Create experiences instead of workouts. Enhance the body and mind connection, and produce extraordinary results. Group exercise members will not only achieve their goals for their physical bodies, but they also create results for their overall

life! Your students will create intentions and affirmations in class and they will manifest through this process. How is this accomplished? It is through the experience of manifesting through movement.

“Manifesting through movement,” what does that really mean? Manifesting means to create, or make clear, beyond a doubt. Movement is simply action or activity. Together they create a powerful tool to assist in achieving one’s full potential. See your facility or practice thrive because you are helping your members to *believe* in themselves; to *feel empowered* to make a better life for themselves, and to have a *sense* of pride and ability. Yoga has been long known as a meditative format which allows the mind to slow down and focus, but did you know that indoor cycling, dance and pilates also can be considered as mindful? Participants can be guided during their class through a series of affirmations to train their mind to relax and allow free flow of energy through the body so there are no blockages to what they want to create. They will manifest their intention through movement which allows them to affect their physical, emotional and spiritual body.

---

**Create experiences  
instead of workouts.  
Enhance the  
body and mind  
connection,  
and produce  
extraordinary results.**

---

Colorized yoga, pilates, and cycling classes are a unique, cutting-edge approach to exercise that incorporates the mind and body connection. Now you can offer your participants the opportunity to manifest their life’s desires and goals

through movement.

Although the class formats are different, they are similar in their intent and application. Some commonalities include; affirmations, color-changing environments, focus on the internal self and balancing energy in the body. By repeating personal affirmations or mentally affirming that which you wish to manifest while doing mindful exercise, you are creating positive energy which affects the thought patterns and stays present in the mind. Participants will view your program as cutting-edge, life-altering, memorable, and your club will become a place to visit often for members to recharge.

Colorized wellness is the incorporation of color-changing lighting; certified colorized instructors, and a variety of group classes to create the atmosphere for this amazing transformation of mind, body and soul. The power of the mind and its ability to create change as well as create new opportunities is prevalent in media and society - as evidenced by the many books, movies and even television programming now accepted as “normal.”

Differentiate yourself and your facility; be known as a leader, and a provider of wellness. Become the place that members want to visit every day because they find their inner and outer strength. The only constant is that nothing is ever constant. Are you changing and growing with the demands of society, or are you doing the same classes and offering the same programming you were 10 years ago? This is the time to create excitement in your facility. Start the New Year with a new, exciting program and send your members the message that you are looking for ways to constantly improve their number-three place...home, work, and fitness.

*Christina Leon is the President of Spectral Journeys. She can be contacted at 877.257.4493, or by email at [christina@spectraljourneys.com](mailto:christina@spectraljourneys.com), or visit [www.spectraljourneys.com](http://www.spectraljourneys.com).*