

Chaos & **CALM**

MOTIVATIONAL RIDE GUIDE

HOW TO BRING A MEDITATIVE BREATH TO YOUR RIDE + LIFE

INTRODUCTION

Our goal today is to not only have a killer ride and workout... but also help give each of you tools or “shifts” as I like to call them throughout your ride to help you learn to elevate your ride...and elevate your life.



CONNECTING TO YOU



We, in so many ways, choose to segment and compartmentalize our lives....

For example in coming for a ride, we might leave everything else outside the studio and come in to just ride.

This is great! Having space for yourself is perfect and absolutely critical...

But instead of compartmentalizing your outside life that you then go back out to...what if we bring it in, challenge by challenge, bit by bit...

Allowing your “YOU TIME” to become both the space and transformation you need to elevate your experience/your ride/your life both IN this ride AND in your day to day life.

CONNECTING
TO
YOU

ASK YOURSELF...



What if during this ride you consciously connect to your breath, your power, your brilliance...you allow yourself to get clearer about challenges you are facing while stepping into a commitment of creating greater joy, abundance, love, whatever it is you are working on...



Now.... what if you **CAN START** to replicate that connection, that feeling and strength you use to empower yourself to go further and elevate more in class, **INTO** your day to day life.

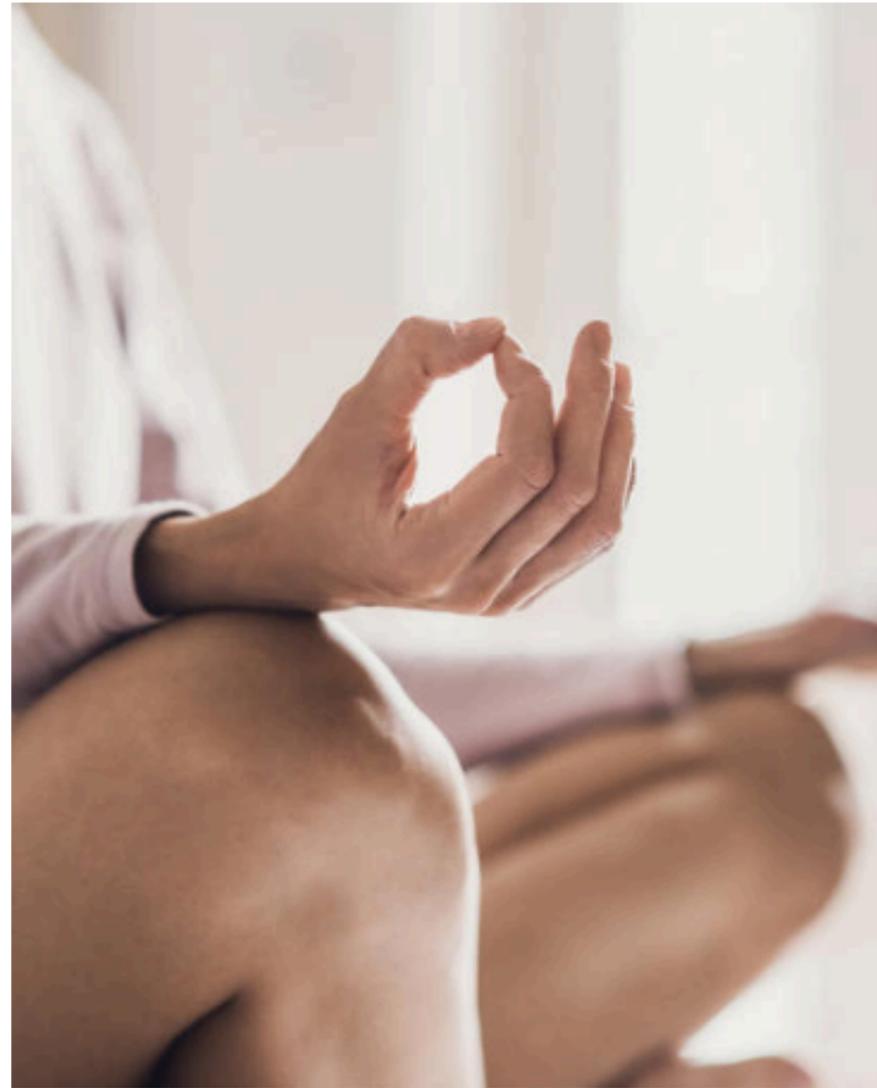
*Let's start that journey together...
I am going to walk you through the
thoughts and breath in an active
meditation
By learning what breath and "active
meditation" feel like... we are going to
tap into that awareness and flow
DURING this ride.*

*Active Meditation is existing and
allowing a place of Mindfulness and
Meditative breath while still engaging
in the actions of your life.*



ACTIVE MEDITATION



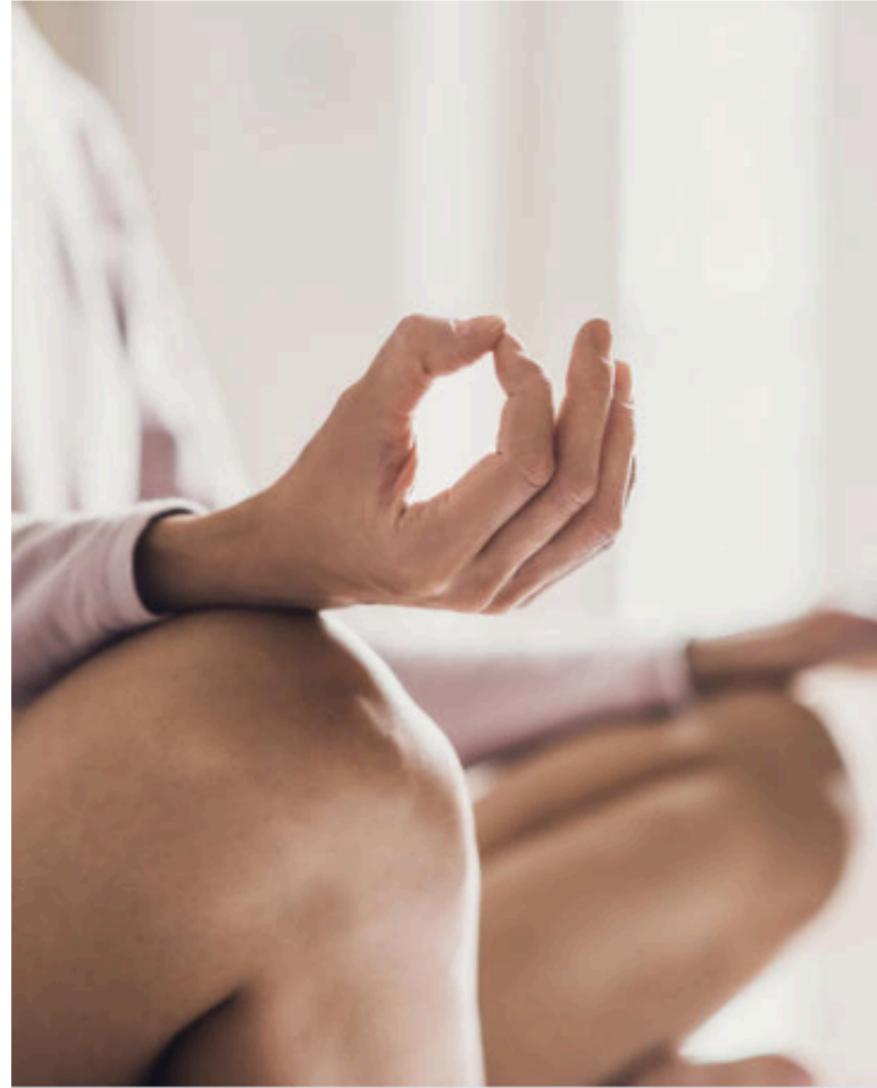


A SIMPLE BREATH + MEDITATION

We want to go through a simple meditation to let your mind and body FEEL what this state and breath feels like...

During the ride, we will be recalling this feeling and allowing this state to guide and transform us.

So really take notice of the sensations as you go through this breath exercise.



A SIMPLE BREATH + MEDITATION

Start in a comfortable seated position in a quiet space.

Let's deeply inhale several breaths in and out just to release and get settled...

Close your eyes

Inhale a deep breath in and now out

Repeat this 2 more times



A SIMPLE BREATH + MEDITATION

Now we are going to change our breath pattern and inhale softly...

Inhale for a count of 4 through your nose

Hold at the top for 4 counts

Exhale through pursed lips for 5 counts

Continue this pattern for several minutes.



A longer count for the exhale lets your systems know its safe to relax, reset, and calm.



A SIMPLE BREATH + MEDITATION

Really notice the sensations of what you feel.

How does your breath feel moving up and down your body? Take notice.

Can you feel the calm wash over your nervous system?



This is a great “tool” to use anytime during your day or unwinding at night. Your body will start to crave more! It feels so good.

SETTING AN INTENTION

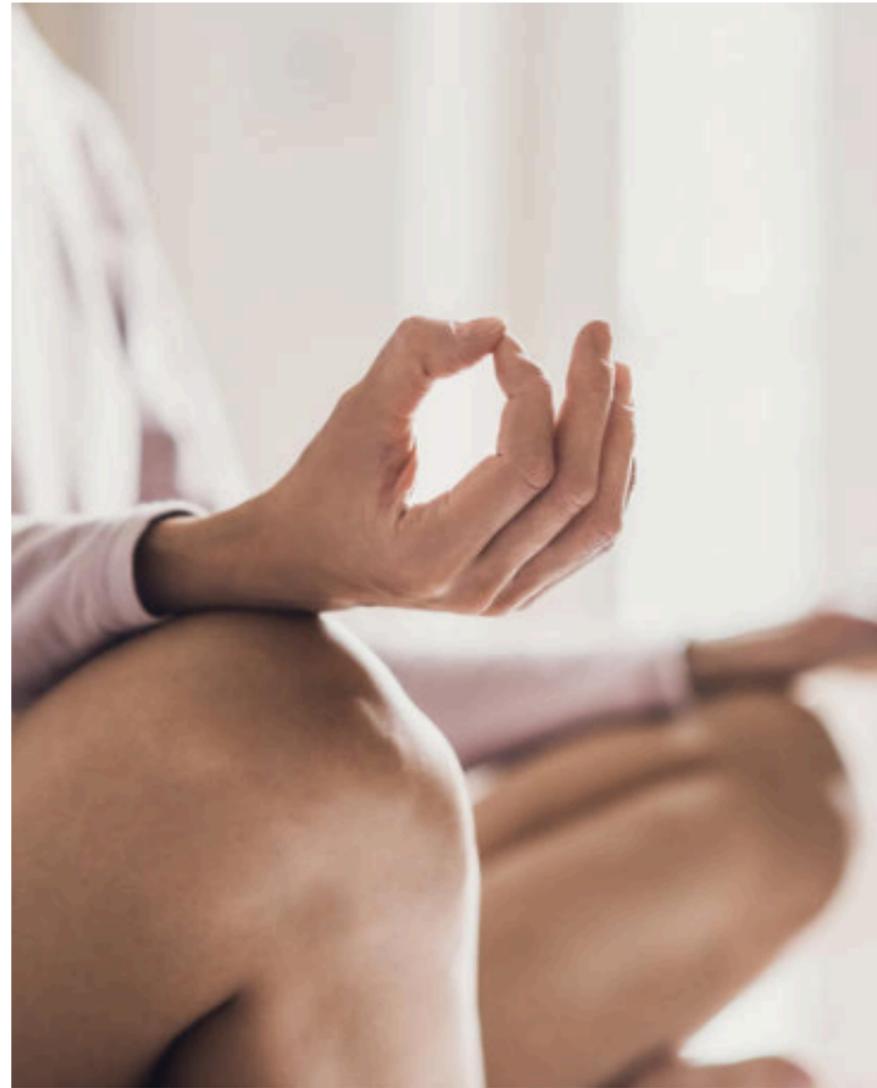
While you are taking these breaths...
Think about an *intention* you would like to set for this ride.

It can be anything you like... To have fun, open to new things, let go of stress, kick off a healthy week... Maybe even letting today be the start of a whole new and beautiful chapter in your life!

"Whatever you want for this upcoming week, whatever hurdle you are looking to overcome or good feeling you want to move into... whatever it is for you lets set that intention now".

This is a great way to start your day, in or out of class!





A SIMPLE BREATH + MEDITATION

As you are doing your last round of inhale, hold, and exhale...

Start to bring your awareness back. Wiggle your toes and your fingers.

Take one last deep breath in and out.

NOW let's get ready to RIDE!



Extra Credit... Jump up and down 10 times! It's a great way to get your energy pumped, awesome for your lymphatic system, and its super fun!



BEFORE
YOU BEGIN
CLICK
HERE

MAKE SURE YOU GO TO THE
PLAYLIST + FOLLOW ALONG

THE RIDE- YOUR MOTIVATIONAL GUIDE

*Today...what you choose to show up for in this ride,
you are choosing to show up for in your life.*

Use this ride to elevate your life.

Oh yeah, and BREATHE!

Let's Go

1. 400 LUXE

Right now...is a time for absolute gratitude...Because...YOU get to be YOU.

You get to show up in this life as all the magic, the light, and unique creation that is only you... Right NOW is the moment to celebrate that, to feel gratitude as you breathe in deep...Breathe in joy for YOU

As you exhale... and go a little deeper into this ride...exhale all the S H I T that has been weighing you down this week...Let IT GO and shine

Notice what you are holding on to that you are ready to release... What no longer supports you or is helping you move in the direction of your goals? What thoughts, feelings, pains are you holding on to that are TIRED and READY to be freed?

2. BEAUTIFUL PEOPLE

Notice your BREATH...

Breathe intentionally in...and out...

Take notice of your Awareness/ Mindfulness as you take this out of Saddle...

FEEL it!

Let your mind go ...

Just surrender...

Let your heart lift...

Feel the courage, strength, and amazingness of you...

It took all this to show up here today.

Bring that in... Soak it up and Let go

Recognize the POWER of SURRENDER...in this ride, in LIFE

3. NOT GIVING IN

IT IS YOUR CHOICE...

You have the choice... every morning when you are given the GIFT of opening your eyes and having the opportunity to live THIS DAY... what will your intention be? What will you do with these 45 min? How will you choose?

Will you let the fears or the hurt or the challenges that you are getting hit hard by slow you down?

Will you give up? Or will you say F That and know that YOU decide...that YOU choose...and just like you turned up that notch up to bring it even harder to this ride...YOU WILL BRING THAT CHOICE TO YOUR LIFE THIS WEEK...*

YOU CHOOSE to breathe deep...to move all that shit bringing you down out of the way and YOU CHOOSE TO SHINE!

4. GOOD AS HELL

Feelings, release assessment...

Take inventory of where you are, what you are feeling...be aware. Be present and mindful.

Keep check on your breath... During these intervals and throughout your day... keep that flow moving...

*BREATH and Flow ELEVATES your mind, your energy, your zest and drive....
LET yourself FEEL, LET yourself BREATHE*

Deep breath in....long out...

Yeah you are feeling GOOD AS HELL!

5. INDIAN SUMMER

“SOMETIMES... the smallest STEP in the RIGHT DIRECTION...
Ends up being the BIGGEST STEP of your LIFE.”
(Naeem Calloway)

You may not have realized it when you signed up, or walked in...
BUT TODAY, This Ride, Your Connection to Breath... IS that step...
YOU CHOOSING YOU is that step...

6. ONE KISS

*As you walk out of this class...
As you Walk through THIS week...
And INTO YOUR LIFE... Let everything be different*

*Take this hill... let it change you.... Bring it ALL to this moment...
FEEL it... FEEL YOUR Breath... your intentions, your strength, your perfection...*

That is you, that is yours...

*Feel it, breathe it, know it..... IT IS ALL IN PERFECT ALIGNMENT...
This is yours....*

7. UNDER PRESSURE

Take a moment and ask yourself this...

What is your pressure? What is weighing on you?

Let that show up...

Deep breath in and out

Let it to shift... Give it permission to go.

8. STRONGER

Ok My KILLERS...

How are you doing?

Can you still feel that breath moving through you?
Are you letting flow?

I think it's time to bring up the voume...It's time to party... You deserve it!

9. RISE UP

*What is that thing in your life that you are hesitating in?
Hesitating in doing or trying?
That thing that you are telling yourself you can't?
You're not good enough?
There isn't time? Yeah THAT thing...*

*I want YOU In THIS MOMENT...to REALIZE that you are BIGGER
than all of THAT...*

YOU ARE DIFFERENT than when you walked in those doors...

You..... have..... changed.....

THAT is the POWER of YOU!

10. SLIDE

You GOT THIS....YOU. GOT. THIS ...hill....
NOW you KNOW.....that you are CHANGED....

*As you are climbing this hill
As you are giving it every THING YOU HAVE
I want you to FEEL this moment*

*Breathe that IN...Breathe in all that strength
Breathe in all that power and confidence*

*And next time all that negativity starts coming at you, and yes it will....
I want you to REMEMBER THIS moment in your core REMEMBER this
Hill...and realize that All that low level nonsense is beneath you.
It will try to creep in again...but here you are...now you know...
That NOISE isn't you, has nothing on you...YOU GOT THIS...*

11. UCLA

Follow your breath....

Let your thoughts be free to come in and out...

Let it move up and down your body, relaxing you and empowering you...

Don't worry about your performance right now... Don't worry about anything

Just feel that movement flow up and down your body....

Let it nourish and applaud you...

In and out....

12. WE FOUND LOVE

I am sending you so much love you guys for being here...
Be so so proud of your choice to show up today for yourself...
To Elevate your hearts, to Elevate your lives....
To show up everyday as a catalyst for helping others and living a life of light.

Most of all I want you to recognize that love inside you and allow yourself to realize what an impact you are in the world.

Let that love and light flow...
Breathe deeply, connect to that flow, and realize that love is you.

THE STRETCH

Stretching is Loving yourself. Make sure you take the time to breathe and stretch after your RIDE, and really after your life each day.

It's these simple, yet hugely impactful acts of self-care and love that build into long-lasting healthy lifestyle habits.

For extra credit, make sure you are really moving your breath as you stretch...trust us, your body will LOVE it!

THANK YOU

Thank you so much for taking the time to download this guide. We created this for a special class we did with CYCLEBAR to benefit Tennessee Voices for Children, a cause very near and dear to our hearts.

While this was created for a cycle class, we apply these same motivations, meditations, mindfulness and breath practices to every other area of our lives. The results, for us, have been beautifully transformative.

We hope you enjoy!

Love the breath you are given xoxo Chaos & Calm

Chaos & **CALM**

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