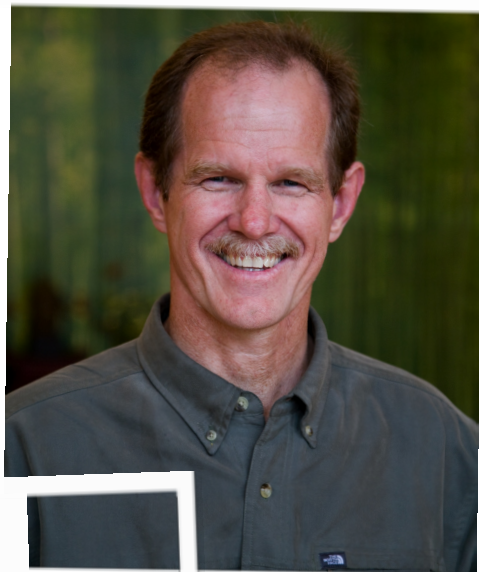
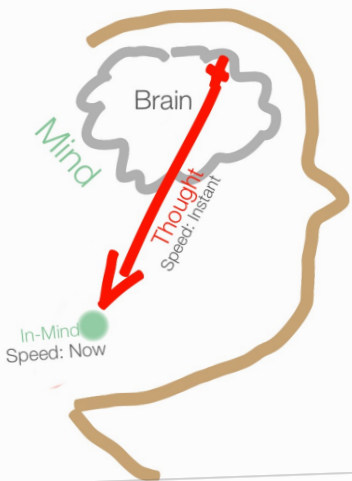


# Working-In, Working-Out™

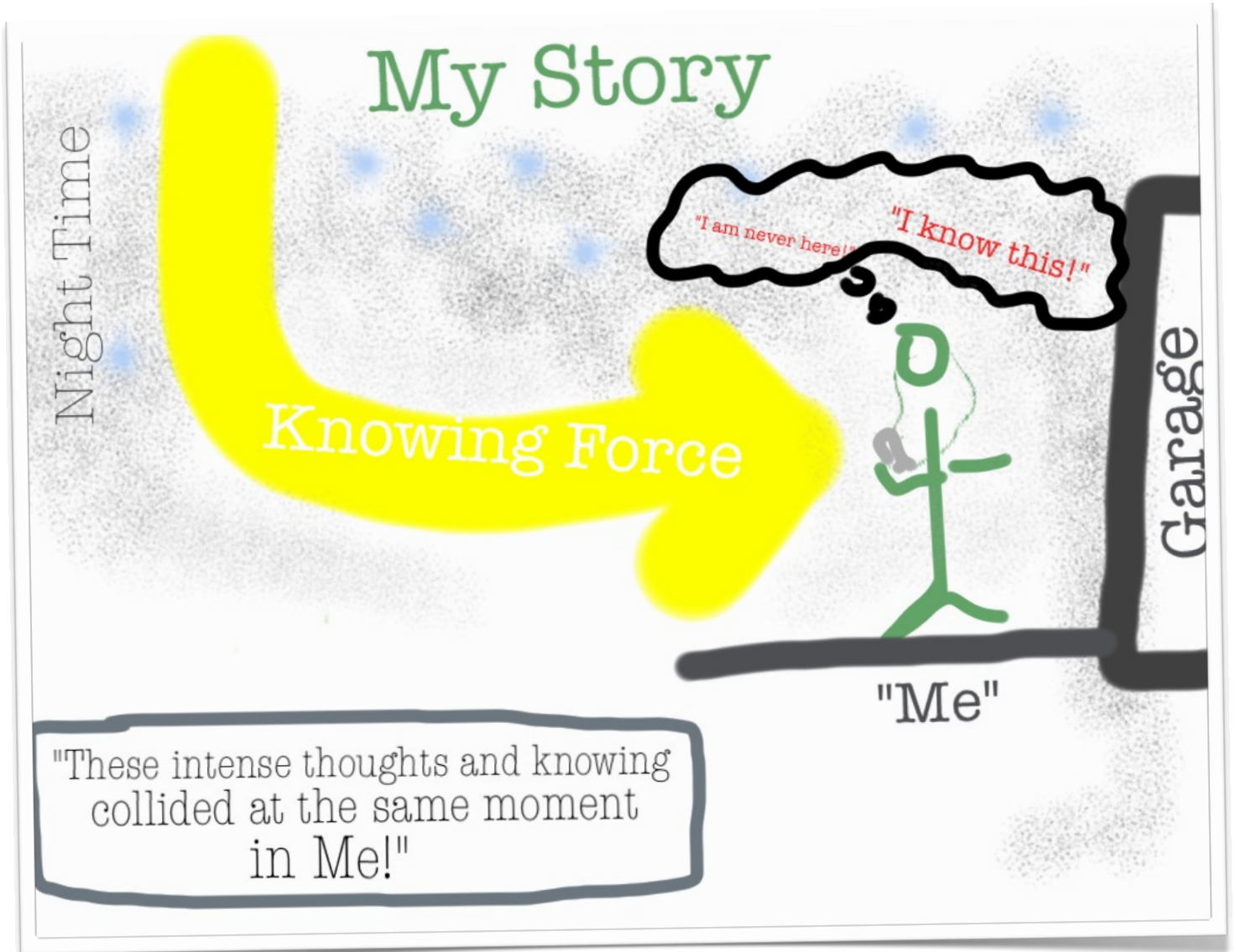
## "Training to Awaken"



Meaning of Speed within Working-in



# About Mark



## **Mark's Story**

*One night in February 2004 I awoke out of a deep sleep that I did not know I was in. The amazing thing is that it happened in an instant and it ripped through me with such an intense "force of intelligence" that I became now. Yet this force was so completely silent it filled me with a knowing that burns in me and is always there, it continues in this expansionary mode.. I soon realized that I was destined to share it and fitness showed up as a perfect "fit"! Everything that I share and teach I have learned through working with many people. Finding how people need their own way to get to this point, communication needs to be flexible in ways that connects to as many people as possible. Over the past 8 years I have been deconstructing this space and then delivering it with the power of words and illustrations. But this way does not work without my "being" coming first and the process second, the process happened through intense presence and being.*

*Peace.*





Dear You,

I am sending this announcement to let you know that I am available for **Working-In**, Working-Out® Training and Guidance.

You want to be healthy in your life, yet you may not like to exercise. The key to a "fit body" is a "fit you" and to get closer to the intelligence of your body, you need to strengthen an "inner secret" that's locked inside you. Through this process of Working-in, Working-Out, you begin to unlock forces that have held you back from inner joy. You start seeing the effects everywhere! In your relationship with exercise as it shifts within your body and you begin moving toward the force and not away from it, this strengthens the presence of your being.

*"It is a puzzling thing. The truth knocks on your door and you say, "go away I'm looking for the truth," and so it goes away. Puzzling*

I was given an inner gift over 8 years ago that gave me the ability to help people get closer to inner truth and peace.

I work on a monthly retainer not a fee per training as my experience has shown me, it is the consistent force of a communication that helps speed up a truth that permeates within you. Life is not part time, so you cannot have awesome shifts without you deciding you want an awesome life. This is all you need now, the rest is in the details! Let us set up a time to meet and see what is available. Thank you,

Sincerely yours,

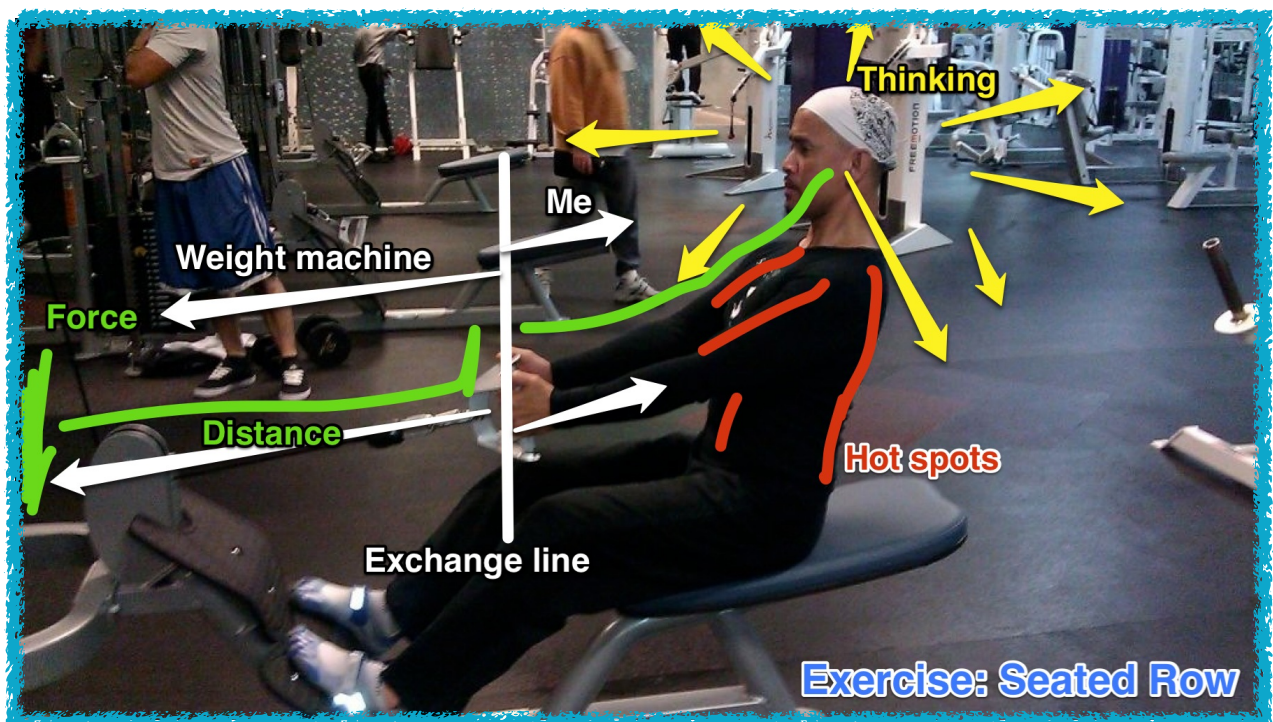
Mark Lindquist



## WHAT IS WORKING-IN AND WORKING-OUT?

This is a way of intense training to be what you know you are. You want something yet you are stuck in ways that you may not understand. How do you connect to something "now" so that you awaken in a new light of truth? I have found that people who are clear about wanting to become free of limitations needs a strong intelligent force that is opposite to their current reality, working-in works this way.

- ~ We use the forces from the motion of your body through exercise to connect in this oneness field. We communicate about your insights and past blissful experiences connecting your personal "dots" to weave a new truth.
- ~ Why your inner emcee voice slows you down in almost every moment of your life and seeing that releases a force so great that it changes and deepens you now.
- ~ Moving from just knowing into what I refer to as know-knowing. This is where you start living from, the speed of your knowing versus living from thinking that you know.



## **SERVICES INCLUDE**

The Monthly Intensive retainer is a month long personal commitment to connect the inner and outer self. This creates the framework for speed of immersion into you and the outside world.

Personal training with Mark, 7+ years as a certified working-out trainer and working-in teacher.

Access to all materials Web, videos and notes.

Customized book about your story of insights and the many different exercises you will be doing.

8 - 1 1/2 hour Working-out sessions per month.

Communications through email, text and phone.

1 face time session per month (1 1/2+ hour).



***"I am this and I am that and I am you."***

# Monthly Retainer Fee

## *Program*

*Full Sessions include: One on One with Mark*

*1.5 Hours Sessions*

*One meeting per month outside of physical training*

*Teaching Working-In Principal*

*Talk and Move*

*Fitness and Body Weight Guidance*

*Body-Mind Integration*

*Teach, Coach, Guild and Point*

*Full Contact with Mark through, telephone, email and the website.*

*Motion, movement in all speeds*

*Study Material*

*"Book of You", customized book for iPad and Hardcover all about your personal Working-In Journey*

# *Price & Support\**

30 day: Program: includes: 2 full sessions a week + all access (phone, email, personalized book of you and web content)

Price: 1,200\*

## **Try Out Offer**

30 day Programs includes: 1 full sessions a week + all access (phone, email, personalized book of you and web content)

Price: \$900\*

*\* Trade of your skills is an option, part cash and part trade with the purpose of growing each others message. I am building this teaching brand called Working-In, Working-Out.*