

Ep. #389 - How Lindsay Savage Turned 1000s of Hours of Yoga Training Into a Cohesive Practice and a Thriving Business



Full Episode Transcript

With your host:

Susi Hatelly

[From Pain to Possibility](#) with Susi Hatelly

Introduction (00:00.00)

You are listening to From Pain To Possibility with Susi Hatelly. You'll hear Susi's best ideas on how to reduce or even eradicate your pain, and learn how to listen to your body when it whispers so you don't have to hear it scream. And now here's your host, Susi Hatelly.

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Susi: Welcome in and welcome back! I am so glad that you're here because I have another grad. I love these conversations—it's so fun. And it's so fun, like I am truly tickled pink when grads come on because, more than anything, I love interviewing grads about how they've integrated what they have been taught and what they have learned inside of my program. I always like to say that I'm not training people to become mini Susis, and then I add, "There are enough Susis in the world! We don't need more Susis." And I'm not being self-deprecating about that one; it's true. It's like we don't need more systems of movement. I want to help you integrate what you've already learned and then elevate it. And so when I bring my grads in, these are examples of how that's possible, right? And so it's not like you've got this training over here, that training over here, and this training over here. It's like we help you create a cohesive whole. So this conversation today with Lindsay Savage is going to highlight that really, really, really well and show you what's possible, especially if you're a yoga teacher who has multiple hundreds of hours of training. Like, you maybe have a 300-hour here, a 500-hour there, a 200-hour here, a 50-hour over here, and another 200-hour there, and how do you choose what you choose when you're working with a person? And that's really part of my mission: to help you not have to choose, so that it just becomes an obvious step. So without further ado, let me introduce you to Lindsay from Salt Spring Island. And Lindsay, why don't we start with the context of what brought you here? Before we started recording, you were telling me about all the courses you had taken before coming to Cert. So I'm just curious—let's give the listener just a context of you, of what you do, and what you had learned. We'll get to the future and currently what you're doing, but for now, let me just hear the before story.

Lindsay: Okay. Great. You know, this was the funny thing about this when I knew we were going to talk, and I was looking at the experience and the training that I've had in the past, and I realized I have so many amazing branches of knowledge and experience that I draw from daily. And one of them was just training at the Salt Spring Center at their teacher's training, you know, the first 200 hours. Um, and then I have an 800-hour with Vijnana International with Orit Sen-Gupta from Israel. And, uh, Cathy Valentine, I did an apprenticeship with for 300 hours, and I have my somatic yoga training with James Knight. And then I also have Functional Synergy training with Simon Borg-Olivier and, you know, various workshops. So, like, I have so many components of training that I draw from, and so you might kind of go like, "Well, why would I need something else?" Why would I take an 800-hour program with Functional Synergy to be a yoga therapist? And it's like when I saw the Facebook ad for "The Power of the Pits," it was just like, "Oh my gosh, this is exactly, exactly my kind of language in my head." And so I did that with you, I think during COVID. And then I saw, um, maybe in my email about the training that you do, and it was like I didn't even think about it for a minute. It was just an absolute, "Yeah, that is

it." And then going through the whole program with you, something that I had said to you earlier, it's like the whole training was a container for all of the training I've already had. And it was like a way of grounding it and helping me bring all of those great concepts from those other trainings—from my other sort of branches of curiosity that I've had and that I, you know, maintain—and it just helped me. And it's like it doesn't solve all the things; in fact, it just helps me ask more questions and helps me with more curiosity, because that's—I guess I would say that would be the base of how I live, you know, is that things are really interesting. Yeah, so I've had a lot of training, and this training just helped with it all, which I can expand upon down the road if you want.

Susi: Yeah, for sure, because we currently have people in the training who—like one's a Reiki master, and she had almost completed her Ayurvedic training before she even came into our training, which also has a considerable amount of Ayurveda in it. We have someone who's done a lot of pelvic health training. We've got three people in our current cohort who are already C-IAYT graduates, and they wanted a deeper form of mentorship with us. And those are just a few examples of the level of training that people have, and what each of them is seeking is not some superficial course, but like how to bring these things together so there's a deliberateness in what they're doing with their clientele. I find that a lot of people coming are over 50 or very, very close to being 50. They already have a client base and they're already getting results, but they're also not sure why, right? And so a client will come back and say, "Yeah, I feel great, that was awesome," and they're like, "Yay! How?" They can't discern between what helped, and then if the same person comes back and is like, "Oh, that didn't work very well," and it was the same thing, then why didn't it work, right? And so by the end of the training, there's a lot more clarity, like, "Oh, here's why this works, and here's why this doesn't work, and here are the scenarios." It just makes sense. It's not even that you got a list of scenarios; it's just what you see. Your ability to see what's going on with somebody is just so much clearer, right?

Lindsay: Yeah, absolutely. Uh, I mean, and you can create a great experience with somebody one-on-one or in a group setting, um, but again, not necessarily know why. And you can keep it all nebulous, and that's fun, um, but it is nice to have some more tools to kind of make it more deliberate.

Susi: Yes. And I want to actually emphasize what you just said, because there are also a lot of teachers who are okay with it being nebulous, and this training is not that. And sometimes it can actually be revealing for somebody, right? Because you actually emailed me when I reached out to you recently, and you said to me—and I'm not going to get this entirely exact, but you said to me about how your eyes have opened and that your intuition is also stronger. And I'd love for you to speak to that because something that I say a lot, because I attract a lot of people who are highly intuitive, is that intuition to me is you can see what you need to do, but you didn't know that you saw it, right? It's not registering in a conscious way. But you saw something or you wouldn't have intuited it, right? And so when you've got this ability to actually name what you saw—and I have a process to help people get there—not only can you explain to your client more effectively why you're doing what you're doing, you can repeat it, and it becomes consistent. And when something gets sort of locked in, like, "Ah, that's like the consistent,

repetitive thing I get to do," then you become more intuitive. Is that your experience of what's happened, because you've become more intuitive and your eyes have become clearer?

Lindsay: Yeah, and I think that that's an interesting thing: without losing the intuition and without only being just kind of logical, it's like they can bounce back and forth faster. I don't know if that makes sense, but that's what it feels like. It feels like you're exercising or practicing seeing and knowing what you're seeing, and so you're going—kind of, I mean, maybe somebody could say left brain, right brain, left brain, right brain. And so then they just kind of like sandwich together, and they work together, and so it's almost like you're in the middle of left and right. It's a different kind of directness that doesn't lose the intuition and doesn't only have the linear structure.

Susi: Mmm. So, healing's not linear, movement's not linear, biomechanics is not linear; but when we break things down into what's going on with that arm bone in the shoulder socket, and is the leg bone moving in the hip socket, and what's going on between the ribs and the pelvis, and we distill movement down to those small components—to those small, objective components—something happens, right? So then, for you, how would you describe that? Because it's not that we're working linearly when we're working with those smaller components, but something happens, and maybe that's what you were referring to as the container, but something happens when we can get really, really clear on what the movement is and what the movement isn't.

Lindsay: Yeah, like naming it. As soon as you name it, I think that goes to one part of your brain. And even if it's not like naming it—I mean, you could write it down. As soon as you're writing it down, that's that one part of your brain that you're using. But if you even measure your intuition of it, then I just think they sandwich together, and they pinpoint and go forward that way. So I would say that. I would say that's how I feel it in myself. So it's naming and feeling, naming, feeling, naming, feeling, and then they just kind of keep going closer and closer, and then it's just a direct experience of it, perhaps. So it doesn't make—for me, it doesn't make it feel like it's only just logic.

Susi: Yeah, that's interesting because, interestingly, you mentioned "The Power of the Pits," and where that program was inspired from was working with a client who had—she was post-knee surgery, and we were working with her. Was she post-knee surgery? I can't remember if she was post or pre, I can't remember, but there was a knee that was involved. She was on the floor, and she was getting up to standing, and we'd been working together for a little bit of time. I was doing all the typical things, like leg bone and pelvis, pelvis and rib cage, and things all around to the foot, and we were on the floor, and something just kept pulling me to go up to her armpit. It just kept pulling me; it just kept pulling me, and there was this tug inside of me. Part of me was like, "But why would I do that? Like, why would I go up there?" And then I was just like, "Okay, I'm just going to go." And then we did some things up through there, and then we went a little further afield back over to the shoulder blade and into the rib cage, and this was all by Zoom, too. Like, I wasn't doing anything manually with her at all because it was all by Zoom. Anyway, she pops up to standing, like bing! Right? And when she gets up, we both kind of look at each other on the screen like, "What the f*** has just happened here?" Right? And it was one of those

things that then, when I went back and looked at the recording and could see the sort of trajectory—even though I'm not sure mechanically this is exact, I can't name the mechanism—when you overlay some of the myofascial meridians and some of the horizontal fascial lines that we know around how things work, then it's like, "Okay, maybe this is what it is." And then as I kept moving with her over the next few days or a few sessions, it was like, "Okay, here's more of a pattern, and all right, here's what's starting to make—here is probably why this is working." But notice that the words "there's probably" are in there, because even though I can see more from a mechanical standpoint, the truth is I still don't know, truly, from a mechanical, tissue perspective, exactly what happened, right? Or even what happens for anybody when we work with "The Power of the Pits," right?

Lindsay: Yeah. Yeah. Yeah, I love that, and I love staying curious. And one of the things that I often will say to my students is like, "Okay, well, let's put that through the science lab and see where it takes us," because that's what it is. And, you know, my husband actually has recently been diagnosed with Parkinson's, and so there are physical symptoms for this, and one of the things I kept noticing with him is definitely more flexion and bracing. And he said that he feels like his limbs are being pushed up and pushed down simultaneously, so he's kind of in this locked grid. So there's bracing, and so I just said, "Okay, well, let me lie down and look at movement." And we did, obviously, some opposite kind of planes of movement, some transverse things, you know: "Let's break it up. If you're always in flexion, then let me do some transverse, let's do some lateral, let me do some backbends." Which he does do—some backbends—he'll just go flexion/extension, and working in the side-angle contractions is just not comfortable for him. But when we did this the first time, I remember he got up and he said, "I feel like I'm cured."

Susi: Ah, that's so good. That's so good.

Lindsay: We know there's not a cure for Parkinson's, but what we know is when we did these movements in diverse planes of movement, his body stopped bracing. I mean, this is a huge gift. When we worked with the cross lines of communication of limbs across the torso kind of thing, he stopped bracing. And there are not a lot of tremors at this moment, but it stopped all the tremors that were sort of marginal in there, and his nervous system was calm. And another example that I loved, again just working with him specifically, is we did a yoga nidra session. First time he'd ever done it. He's laying there, and he's just in it. And I thought he was not going to be happy about it; I thought he was not going to want to lay there and do this, he was not going to follow, he was going to fall asleep. I mean, I don't know—I had all these "I don't know what's going to happen for him." When we finished, he said, "I have never experienced anything like that." He said, "That was just amazing." It's not really normally how he talks, so I was kind of surprised!

Susi: Well, what's interesting—two things, and we weren't going to actually—this is new news because we didn't talk about this before we came on, so this is pretty cool. So two things, and one is, it's not surprising to me. When I was doing some of my yoga therapy training in India, there was a teacher who specifically worked with people with Parkinson's, because the way that

this place worked was that the teachers who were there were people who, whatever the condition was that they had, were using yoga—like they had overcome or managed it with this practice of yoga. And so he was working with people with Parkinson's. And then, when I came back to Canada and was running the group classes and private sessions that I was running, I had a number of people with Parkinson's come in. And all early stage Parkinson's, and I was like, "I don't know." It was just like, "Okay, what do I know about this of what I think might help?" And exactly what you're saying, pretty much to the word—we didn't have—like I didn't know about yoga nidra back then, but I did know about restorative yoga, I did know about breath, I did know about—like, just relaxation response is what the science was calling it, I think, back in the day—and his tremors started to go down. So it's—and again, I think really something important is that neither Lindsay nor I are saying that this is a cure. Her husband might be saying that, but we're not saying that at all, right? But what we are saying is: this is pretty cool that this can be an experience, and what's even cooler is, how long can he feel good? Because the clients that I saw—and I haven't seen clients with Parkinson's since that period of time where I saw a few—said every time they finished yoga, they were good for three days. And like, that's pretty phenomenal: three days with no tremors, relaxation, clarity of mind, body's not bracing. And so that's an amazing three days to have. And so to me, then what's possible if we can help people continue to practice in this way? Who knows? Like, who knows what can—it's very similar to other conditions that have a degenerative type of piece to it, that people can still live differently inside of their bodies as opposed to kind of enduring it, per se. You've just given your husband some space, or your husband has given himself some space.

Lindsay: Yeah, absolutely that. And I love that when you're saying—what did you say? Giving them a different experience in their body, or something like that, because that's what you can do. Like, Parkinson's is Parkinson's; it doesn't go away at this point, there aren't cures, but there are ways to help with a different relationship with it, because he was enduring—that's what you're saying. So it was just this enduring, and so I love that, and I feel like those tools specifically—like I would have done some of that intuitively, but I wouldn't have known why, or I wouldn't be able to duplicate it. So that's a really specific one that I know is helping some people. Like I have some clients that are really having a hard time walking, getting up and down off the floor, just walking without their canes, etc. And, you know, giving people a different experience with their bodies with walking—that's another thing that has been just, again, that I only would have been able to approach a person—with a person like this, I would've normally just said, "Oh, yeah. Well, do your best." "And here are some modifications."

Susi: Love it. Love it. Now I have some real tools.

Lindsay: Yeah. Yeah, I do too. It's fun. It gives me that extra confidence, 'cause I did a lot of private sessions with people, and I liked what we did. And people left, you know, seemingly happy for the most part that I've heard back from. But now it's just...

Susi: It's a different kind of confidence when I can invite people in for private sessions.

Lindsay: Mm.

Susi: Good. So good. And I think, too, as you're... You used the word—it's like there's... I don't think you used the word "middle way," but it's like this middle place between logic and intuition that, like, the two come together. And it's, in a way, the healing helix that I speak about, right? It's like these worlds of understanding the recovery process. There's something clearly mechanical and logical to it, but I also like to say that if I followed pure, just pure logic, way back in the day I never would have gotten to where I got, because back in the day the science and the research was that you have to manage pain. I mean, it's something I love saying because it was 30 years ago. Like, that's what people were saying. And now clearly that's not the message, and yet if I followed that message because that's what science was saying, and I didn't follow intuition or I didn't follow the evidence of the class in front of me, then, yeah... The fact that I could trust my eyes, and trust my ears, and trust my heart and my intuition is what enabled people to get better, and I didn't have to wait for the research to change, right? The research was directly in front of me ultimately, yeah?

Lindsay: Yeah. Yeah. Like, and even just somehow that led me to think about when, you know, practicing and teaching some of the styles of yoga that I do. When you're in these styles and you have your movements that you practice—you know, a specific way that you've been taught or, again, that you've played with and sort of developed—it's really nice to have that way, but understand it more. Like, why am I shifting my weight into my hands in a specific way? And I can stay curious about that before I jump back into raised plank.

Susi: Oh, I love that.

Lindsay: Yeah. Like, right? So that's the stuff that's really, really fun. Or when I'm doing somatic yoga: why am I doing this movement, and why does it release the tension? Like, in somatic yoga, you might do a small, almost like a granular movement, and then you do a pandiculation where you do kind of a bit of a bracing of the muscles, and then you relax it. And then, you know, you do a series of these movements, and then you do it in the last one, and all of a sudden there's this bigger turn, say, in a twist or something like that. And now I guess I just feel like I know why. So I feel like I am in the movements, not just in that linear way of "now I know why," but I just... Like, you know that—what is it? Is it a Mandelbrot set? I can never remember. It's like a paisley design; it's like it goes infinitely in or it goes infinitely out. You can just kind of keep going. When you look at a paisley design, you can just kind of keep going this way or pulling back farther with perspective. And I guess that's what it is: I feel like I can be going farther back with perspective while I'm in a pose or a movement, and then I can also go deeper in...

Susi: Mm-hmm.

Lindsay: ...to the same pose. And that's—I mean, as I'm describing this to you, I realize I'm like moving my body in and out, and my arms are involved 'cause my whole body's involved, and my mind. And it's something that you guys talk about: zoom in, zoom out. But it's like, I feel like the zoom in and out is super... Like, it's an actual road; it's an actual tangible thing. It isn't just kind

of like now you're zoomed out, now you're zoomed in. It's like you feel the progression of moving out with backward perspective or deeper in with that fine-tune pin perspective.

Susi: Yeah. And being able to hold both at the same time.

Lindsay: Yeah. That's where it does that meeting in the middle. Mm.

Susi: Oh, I like that. That's true. So do you remember in some of the yoga nidra stuff that we did—I don't know if I just sort of made this up. Like, you never know what your memory is sometimes. But when you would go into opposites, like... So maybe you'd go heavy and light, and you'd feel heavy and light. You'd feel heavy specifically, then you'd feel light specifically, going back and forth between them until, for me, you would then kind of like meet them in the middle or sandwich them in the middle, and then you'd feel them both simultaneously. And it was like such another space.

Lindsay: Yes.

Susi: Yes, because you can't think your way into that feeling. Like, it's actually neurologically impossible to think two opposites at once. And so when I've spoken to experts in Nidra, and I'm like, "Well, then why do you guys do this?" the response is, "'Cause it's a trick to get you into presence, right?" Because you have to feel—you have to feel your way there. You can't think your way there. And there's actually a part of the brain—I can't remember which part of the brain it is—that kind of lights up when that aha, that insight comes when you've held them and been with them from a somatic embodied feeling space, and that can be really powerful in terms of insights that can arise, right? And you're playing around with that notion of zooming in, zooming out, and then being there with both at the same time, and you suddenly see things so much more clearly. And it's interesting because this is a concept that builds off of a conversation I had with another grad about the medicine of presence, because that's ultimately what this is: this capacity to be on different levels, and what that actually enables us to do as a practitioner, and then what we're modeling for our client. Because ultimately we want them to also find that middle way, find that middle space when they're with their own bodies, right? Because healing's not linear, and it's not entirely intuitive either. Both need to come in if someone wants to really get to the next level in terms of reducing or eliminating pain, or working with their symptoms or diagnoses, or whatever it is that they want to move forward with, right?

Lindsay: Yeah. Yeah. And, you know, one of the things that you and I talk about a lot, I think, is just staying curious...

Susi: Yeah.

Lindsay: ...staying open to that. And keeping that open space with curiosity with our people is that—you know, I always think of it like I've got big catcher's mitts on, and I just kind of will help contain people a little bit, but leave a lot of space in between so that they can find their edges and just be more of a guide rather than a dictator.

Susi: Mm-hmm. I love that. That's lovely. And so this is actually a really good segue into something that sounds very mechanical and very logical, which is your spontaneous core. And I love... I actually remember when you came up with that terminology, or we were talking about responsive core and the things that went around that, and you made some comment either in one of the trainings or on Circle like, "spontaneous core," and I'm like, "Oh my God, this is perfect." And so you've got this thing rolling now. Like, you've got spontaneouscore.com. You've got an online platform so people can come check you out and build their spontaneous core. So first of all, what's spontaneous core? I think we need to get clear on that.

Lindsay: Okay. Okay. Well, I mean, yeah, it was really funny. It was on one of our last days of training calls, and you said, "What is it you just keep finding yourself saying?" And I remember I was trying to fit in my head some sort of formula that was linear of what do I keep saying, and I was like, "No, what I really say is let's just find a spontaneous core. Like, that's what it's about." And then you said, "Lindsay, that's it." And then I swore. I think I swore out loud 'cause I had tears in my eyes, because it really was true. Something that I truly believe is that we can...

Susi: Find our movement and have our core respond spontaneously, rather than like, "Let's just clamp on things..."

Lindsay: Mm.

Susi: ...and pretend that bracing is our core.

Lindsay: And so it's really about rehearsing patterns that work, overriding what doesn't, and a practice that really works for me is using the tensegrity model—like thinking about crowns or domes of the body and using them as structures that are tensile and with compression. And so, like armpits. That's why that armpit was like, "Oh my gosh, the power of the pits, that's it." So, you know, using armpits, using pelvic floor, using diaphragm, using the crown of the head, the larynx and pharynx, roof of the mouth, just like these crowns—the shoulder girdle, palms, whatever, all of those crowns. And understanding the domes of those structures first, but not in a tense way. So finding ease and working higher up the chain of command—like finding it in the armpit and then letting the rest of the limb kind of dangle off, which sounds really weird. But if I'm going to come into, say, a side plank, I'll understand my armpit first, lift up my—say it's my right hand—let that arm dangle, and then kind of put it into place in front of me, the right hand, and then from the armpit build down through the arm; all those muscles tend to, from what I've seen, align as they should be. Instead of saying, "Let's move the hand exactly like this. Move that big finger." You know, you keep being told the wrists must be like this or your hand must be like this, and it's like sometimes it's going to present that way and sometimes it's not, depending on what's going on in the armpit or side ribs or whatever. Yeah, so I work with those. My website has been such a huge experience. Putting together websites, as you know, or I'm assuming you might know, is like a ripping of the soul over and over again, going, "Oh, you're investigating your passions and putting it out for people to see." It's like making a painting, but of your philosophies. So that was big. And I'm really, really happy with how the website's working for

people to have their subscriptions, so they get to come on on Wednesdays and have a class directly with me, and then they're uploaded for the next day so they can do them again. Or then I write a description so they can kind of choose if they have more energy or less energy, or what they want to focus on. So I've been having a lot of fun with that. That's been a huge thing coming out of this program as well as this course, 'cause I can take it anywhere. Um, I'm monologuing here, but who knows what's going to happen if my husband is unable to look after things at our house the way he normally has just been able to? Then, you know, we might have to move, or we will have to move. And so, you know, just staying adaptable is a big part of living. And so I'll still be able to have this online program wherever I go.

Susi: That's—yeah, that's amazing. And so again, the website for that is spontaneouscore.com.

Lindsay: Yeah.

Susi: That's great, and we'll put that in the show notes so people can find it. Um...

Lindsay: Great.

Susi: ...and I encourage you—like I encourage you to check out Lindsay's stuff, because she's a great example of a teacher who came in with tons of training already and lots of experience, and then has been able to—like, Spontaneous Core spontaneously arose, you know? As the program, and it's part of the business part of our program, because we want people to get an ROI relatively quickly. Not that we're trying to rush people to it, but it's part of the design. Like, if you're going to invest the time and the money, then let's help you make that money back in a timeline that works for you. And for a lot of people, it's like, "Let's just—let me do it," right? And so the way the practicum is set up and the way that we support people really facilitates having the business working for you—in a very deliberate and specific way relative to who you are and what you want, right? So I'm being very specific here, like saying it doesn't have to happen in this... We're not in a rush, but depending on how quickly someone wants to move, we'll work with you. We'll work with you because the whole point is not only to get you trained, but to actually bring in income, make this work for your clients, and make a difference, you know? Make a difference and make it meaningful. So this is really—

Lindsay: Can I say something about that?

Susi: Yeah, please.

Lindsay: I found doing the case studies so, so excellent.

Susi: Mm.

Lindsay: Like, hard. I mean, again, another ripping of the soul, but it was amazing to have that experience doing the case studies, and also as a way of building clientele. So, like, I found that amazing.

Susi: Mm-hmm. I'm glad, because as I mentioned before, we don't train... We don't provide a bunch of theoretical knowledge and then at the end of it you start your practicum. We start the practicum right at the start. And so it's this stepwise process where you're integrating the first few steps, and then the next steps, and then we're tracking with you as you grow, as you go. We have our curriculum, but then there are some people who get a client that comes in that's not... We haven't quite spoken about the thing that they're actually working with, so we work independently and specifically with you and the client that you're having to make sure that you're helping them in an effective way. So it's both curriculum-based, but also who shows up in your practice of, "How do we help you help them?" So by the time you finish the program, you've seen a lot of people, a lot of experiences, and you're making some money, which is also a part of it, which is great.

Lindsay: Yeah. Love it.

Susi: All right. So is there anything else that you want to share, Lindsay, for people who are thinking about the program? Like things that they should consider or why you think people... Like, who, based on your experience—even though the program's changed a little bit since you did it—generally speaking, the essence, me, it's still me, the essence is still the same. So is there anything you would add for people who are curious about the program?

Lindsay: Well, I guess I would say that if you want to have educators that are super clear, super kind, and just know what they're talking about—and when they don't, they say they don't—I think this is really, really it. This is... I would say that as I was going through the program, probably every day—even though it was long, right, you're committing to lots of learning—every day after the workshops that we would have, I just went, "Oh my gosh." Like, I felt seen. So if you want to feel seen while you're learning, if you want to feel supported while you're learning, if you want to have people who really know what they're talking about, then those are the things I liked about this course. I thought it was super well laid out. So if you want a course that seems really intentional, then this might be it. I mean, I know that maybe all that sounds a bit dorky, but it's just—it's always been my takeaway: *Wow, that was really well laid out.*

Susi: Mm. Cool.

Lindsay: Love it.

Susi: Thanks. And I'm glad you said that because it is very intentional. It's very, very, very deliberate—the way I've thought about it and just, over the years, what I've learned works and what doesn't. And yes, we're consistently refining this process for people because, ultimately, Lindsay is a great example, and Austin, who I interviewed on the previous episode, is another great example of people who have actually taken the training, integrated it, are doing something with it, are making money, and are making a difference. And isn't that what the meaningfulness and purposefulness of this is? They're great examples of what is possible. So if you're wanting a body-based approach—coming in through the body, but clearly working with all the coaches—then do reach out to us over at functionalsynergy.com. And the intensive is coming

up! That's step one of the program, and you can find that over at functionalsynergy.com/intensive. Lindsay, thank you so much. This has been super fun.

Lindsay: Thank you, Susi.