

PERFORMANCE EXPANSION LAB

When your body is the instrument, trust is everything.

PROGRAM OVERVIEW

There's another layer to performance. Beyond what's visible. Beyond what can be trained through repetition alone.

Fatigue, injury, performance anxiety, resistance, plateaus, inconsistency - the body is always communicating. The Performance Expansion Lab takes a different approach: learn to recognize what the body is communicating, then work with what's underneath it instead of continually overriding it.

Across eight weeks, athletes build practical ways to listen to their body, rebuild trust after setbacks, work with stress and resistance, access more power and flow, and expand what feels possible in training, competition, recovery, and everyday life.

THE 8-WEEK ARC

- 1 Learning to Listen to Body Signals** Build awareness of basic signals so listening becomes a usable skill without taking away the athlete's ability to push when it matters.
- 2 Reestablishing Trust After Injury** Learn to acknowledge what the body is experiencing, stay with the sensation, and then make a grounded choice about what comes next.
- 3 Working With Deeper Signals** Learn what to do at a nervous-system edge - when you feel stuck, overwhelmed, fearful, or resistant.
- 4 From Stress Into Desire** Process what is present, then reconnect with what you actually want and let that information help shape your direction.
- 5 Access More Power, Flow + Freedom** Use breath, movement, sound, tones, music, and personal cues to access more of what is already available.
- 6 Stay Connected Under Pressure** Practice returning to your body while intensity, competition, or overthinking is actively happening.
- 7 Change the State You Are Living From** Work with the emotional and physical load you carry so you are not always training from yesterday's stress.
- 8 Expand What Feels Possible** Integrate the work into a personal way of listening, adapting, recovering, accessing power, and trusting yourself through change.

Weeks 1-2

WEEK 1 - Learning to Listen to Body Signals

Training asks athletes to work through discomfort. That ability is part of building strength, endurance, skill, and capacity. The challenge comes when pushing through becomes so automatic that the body's signals are chronically ignored - even outside the moments when pushing is useful.

This week starts with the basics: noticing hunger, thirst, fatigue, tightness, discomfort, breath, and other internal sensations. The goal is not to make athletes cautious or second-guess their training. It is to become more fluent in what the body is communicating so those signals are available as useful information when they matter.

SKILL: Identifying and sitting with body signals without immediately needing to change, fix, or override them.

WHAT'S HAPPENING IN THE BODY: This connects to interoception - the nervous system's ability to sense what is happening inside the body. Practicing sustained attention to internal sensations can strengthen awareness and give the brain more accurate information about what is happening in the present moment.

TONE / ENERGETIC ARC: Moving into safety - Root

WEEK 2 - Reestablishing Trust After Injury

After pain, injury, or a difficult experience, the body can continue to protect even when the thinking mind believes everything should be fine. Guarding, hesitation, tightness, fear, or changes in movement can remain because the body is responding to what it experienced before - not because the athlete is weak or doing something wrong.

Reestablishing trust begins by listening before trying to change the response. Instead of arguing with the sensation - 'there's nothing to be afraid of' - we acknowledge what the body is actually experiencing. Listening does not mean giving every sensation control. It means: I hear you. I believe that this is what you're feeling. We can sit with it - and then I can still choose what comes next.

SKILL: Trusting the body's experience enough to stay with the sensation, even when the conscious mind disagrees, and then making a grounded choice about what comes next.

WHAT'S HAPPENING IN THE BODY: Previous pain and injury can influence how the nervous system predicts and responds to future experiences. Repeated experiences of noticing a protective response, staying present with it, and then moving forward safely can help update those expectations over time and rebuild confidence in movement.

TONE / ENERGETIC ARC: Opening trust - Heart

Weeks 3-4

WEEK 3 - Working With Deeper Signals

Once athletes can hear basic signals, we move into the places that are harder to name: feeling stuck, overwhelmed, resistant, afraid, shut down, or unable to move through something that 'should' be simple. These moments often show up at a nervous-system edge - the point where the body is asking for a different kind of attention.

The practice is not to automatically back away, and it is not to bulldoze through. Athletes learn how to stay with a manageable amount of fear or resistance, let it be present, and become curious about what is underneath it. The goal is more choice at the exact moment the old pattern usually takes over.

SKILL: Process fear and resistance through repetition and acceptance. Identify the sensation, stay with a tolerable amount of it, repeat the truth of what is present, and allow the body to move through the experience without demanding that it disappear immediately.

WHAT'S HAPPENING IN THE BODY: When the nervous system detects threat, arousal rises and attention can narrow. Predictive processing also means the brain uses past experience to anticipate what may happen next. Repeated experiences of staying present at a manageable edge can help the system learn that discomfort does not always require panic, shutdown, or force.

TONE / ENERGETIC ARC: Working with protectors - Third eye

WEEK 4 - From Stress Into Desire

Athletes know how to work hard. But effort can come from very different places. Pressure, proving, fear, obligation, and chronic stress can all create output - and sometimes the most useful thing is simply to notice and process what is there rather than trying to turn it into something else.

When there is space beyond the stress response, we can ask a different question: What do I actually want now? That answer is not always obvious. This week is about embodiment - getting underneath the automatic 'should,' reconnecting with what the body genuinely wants, and allowing that information to shape the next direction.

SKILL: Learning how to identify what the body actually wants and move from that information rather than relying only on pressure, fear, proving, or obligation.

WHAT'S HAPPENING IN THE BODY: Stress can narrow attention toward immediate demands and perceived threats. As the nervous system has more opportunities to move out of persistent threat states, there can be greater access to curiosity, flexible thinking, motivation, connection, and choice - making it easier to sense what we actually want rather than only reacting to what feels urgent.

TONE / ENERGETIC ARC: What comes after fear: What do I desire? - Sacral

Weeks 5-6

WEEK 5 - Access More Power, Flow + Freedom

When less energy is being spent fighting the body, more energy becomes available for the thing the athlete actually wants to do. This week is experiential. We explore how different states change movement, power, focus, confidence, and the sense of freedom inside effort.

Breath, movement, sound, tones, music, group coherence, and personal cues become tools for experimentation. There is no single 'correct' performance state. Some athletes need more fire; some need grounding, play, softness, aggression, quiet, or connection. The work is learning what opens your own system.

SKILL: Experiment with several ways of changing state and identify the cues that reliably help you feel more powerful, present, or free. Build a short personal sequence that can be practiced before training or used when you need to reconnect with yourself.

WHAT'S HAPPENING IN THE BODY: Performance changes with arousal, attention, breathing, and the way the nervous system organizes movement. Optimal activation is individual: too little can feel flat, while too much can create excess tension or narrow attention. Practicing state shifts helps athletes discover the range in which their body works best.

TONE / ENERGETIC ARC: Moving fear held in the stomach into power in the heart

WEEK 6 - Stay Connected Under Pressure

Now we take the work into intensity. It is one thing to feel connected during meditation or warm-up. It is another when the clock starts, the workout gets hard, someone passes you, a lift is missed, or your mind begins predicting the outcome before the event is over.

Athletes practice noticing themselves while the pressure is happening. The goal is not perfect calm. It is the ability to catch the moment of disconnection, use a simple cue, and return quickly enough to make the next useful decision.

SKILL: Choose one embodied cue - a breath, phrase, sound, physical point of attention, or tone - and practice returning to it during effort. Repetition matters: the cue becomes useful under pressure because it has already been practiced when the stakes are lower.

WHAT'S HAPPENING IN THE BODY: Stress increases cognitive load and can pull attention toward threat, outcome, or overthinking. Rehearsed cues reduce the amount of decision-making required in the moment and can help attention return to immediate sensory information. Breathing and body-based cues can also influence autonomic arousal while the athlete is still performing.

TONE / ENERGETIC ARC: Changing fear in the heart into excitement

Weeks 7-8

WEEK 7 - Change the State You Are Living From

Sometimes the workout is not creating the stress - the athlete is carrying stress into the workout. Grief, responsibility, disappointment, identity, pressure, old expectations, and the feeling of having to hold everything together can live in the background while the body is being asked to perform on top of it.

This week makes room to work with what is being carried. Emotional processing is not about turning training into therapy or endlessly analyzing the past. It is about acknowledging what is present, allowing a response to move, and giving the body a pathway back toward the present instead of continually mobilizing around an old load.

SKILL: Identify an emotional or physical load that feels present in the body. Name it, locate it, allow the associated sensation or emotion to be felt in a workable dose, and use repetition, breath, sound, movement, or expression to help the experience move toward completion rather than suppression.

WHAT'S HAPPENING IN THE BODY: Stress responses involve the autonomic nervous system and the HPA axis, along with changes in cortisol, adrenaline, attention, sleep, appetite, immune signaling, and reward systems. When emotion is processed in a way that increases safety and changes threat appraisal, the body can shift out of prolonged mobilization and make more room for recovery, flexibility, and connection.

TONE / ENERGETIC ARC: Processing grief and disappointment into empowerment - Throat

WEEK 8 - Expand What Feels Possible

The final week brings the entire process together. Athletes now have ways to hear basic signals, rebuild trust after setbacks, work with fear and resistance, notice the state driving them, access power, stay connected under pressure, and process what they are carrying.

The goal is not to return to an old baseline or recreate the athlete you used to be. It is to become more skilled in relationship with the body you have now - able to listen, adapt, choose, recover, and keep expanding as training, performance, age, injury, and life continue to change.

SKILL: Build a personal body-trust process for before, during, and after training or competition: check in, name what is present, decide whether to push or adjust, choose a state-shifting tool, and review afterward what the body taught you.

WHAT'S HAPPENING IN THE BODY: Repeated attention and experience create learning. Neuroplasticity allows the nervous system to strengthen new patterns of perception and response over time. The more often athletes practice listening, responding, and recovering without abandoning themselves, the more available those patterns become when conditions change.

TONE / ENERGETIC ARC: Processing fear and uncertainty into expansion - Crown