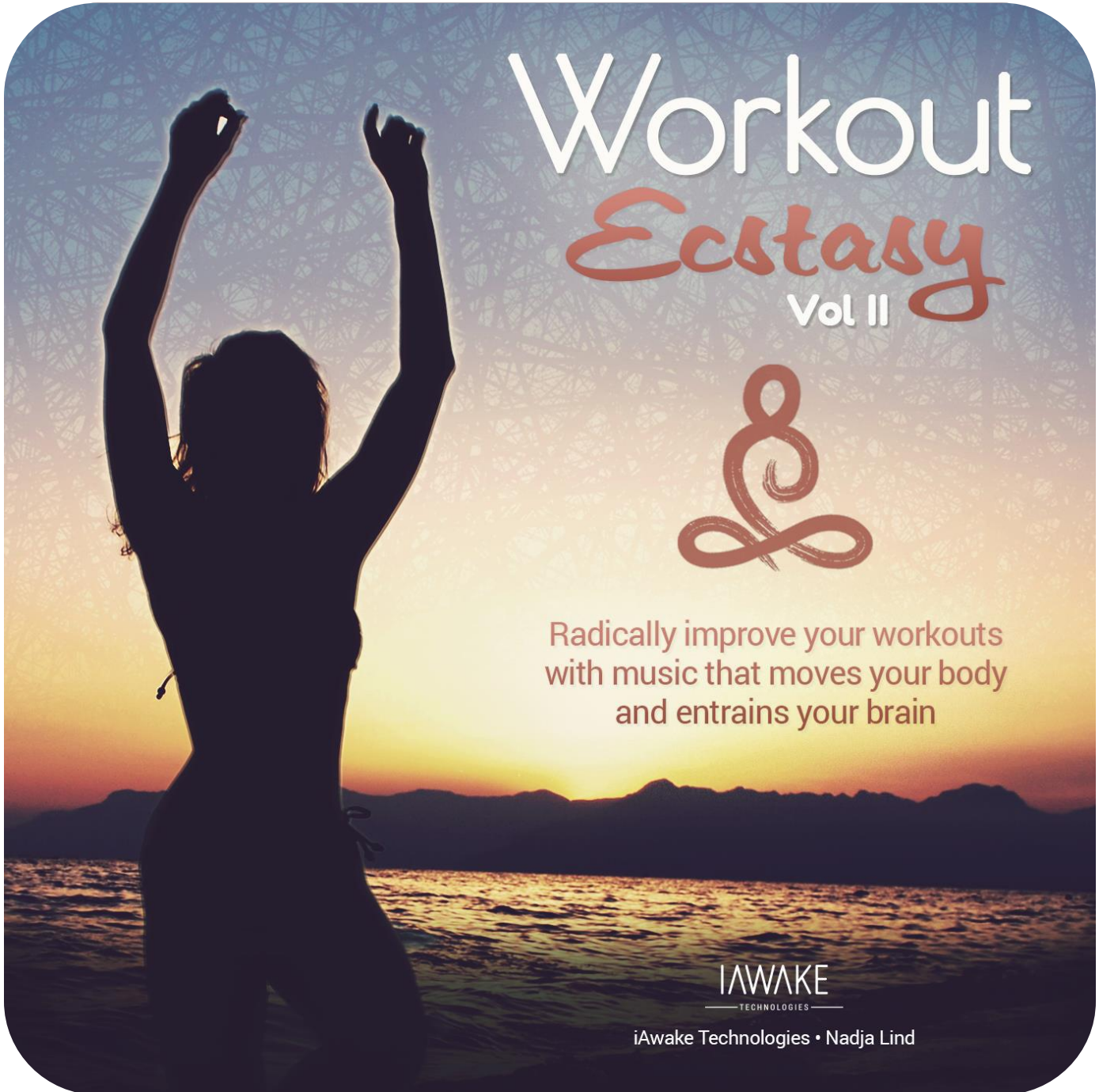


I AWAKE

— TECHNOLOGIES —



Workout *Ecstasy* Vol II



Radically improve your workouts
with music that moves your body
and entrains your brain

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— TECHNOLOGIES —

iAwake Technologies • Nadja Lind

DISCLAIMER

The user of Workout Ecstasy (WE) agrees that this audio program is designed solely for meditation, self-improvement, and as an exercise and workout aid. This application is not intended as a replacement for medical or psychological treatment. No medical claims are intended, expressed or implied.

Those meeting any of the following conditions, whether knowingly or not, should not use this application:

- Epileptics
- Pregnant women
- Those who are wearing a pacemaker
- Those prone to or who have had seizures

Those who should consult a physician before the use of this product include:

- Individuals under the influence of medication or drugs
- Individuals who have a history of severe mental illness
- Individuals who have a history of tinnitus

This application is not to be used while under the influence of alcohol or other mood-altering substances, whether they are legal or illegal.

Children under the age of 18 are to be examined by a physician for epilepsy or illnesses that may contribute to seizures prior to the use of WE, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO ANY WE AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.

The user of WE assumes all risks, waiving any claims against iAwake Technologies, LLC and its affiliates for any and all mental or physical injuries. The user also agrees to assume liabilities when allowing other persons access to WE.

In no case will iAwake Technologies, Integral Recovery, or other distributors of WE be liable for chance, accidental, special, direct, or indirect damages resulting from use, misuse, or defect of its program, instructions, or documentation.

The parties shall attempt to resolve all disputes arising out of this agreement in a spirit of cooperation without formal proceedings. Any dispute which cannot be so resolved (other than a request for injunctive relief) shall be subject to arbitration upon written demand of either party. Arbitration shall take place within forty-five days of the receipt of the written demand, in Provo, Utah, or at another location (or in whole or in part by phone or other means) if the parties so agree. The arbitration shall take place before an arbitrator chosen as follows: The parties shall each choose a representative, and the representatives shall choose an arbitrator. The arbitrator shall schedule an informal proceeding, hear the arguments, and decide the matter. Each party shall pay half the costs of the arbitration proceeding. The arbitrator shall not have the authority to award punitive damages or any other form of relief not contemplated in this Agreement. Regarding each issue submitted to arbitration, the decision shall be accompanied by a written explanation of the basis upon which it was arrived at. Judgment upon the award rendered by the arbitrators, if any, may be entered in any court having jurisdiction thereof.

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File Information for Optimal Entrainment Results

NOTE: We strongly recommend not converting Workout Ecstasy (WE) to a smaller MP3 format, because the increased MP3 compression will filter out a considerable amount of the entrainment power embedded in the high quality 320 kbps MP3 file. If you wish to burn WE to a CD, burning it as a 320 kbps MP3 file will deliver optimal entrainment results. In iTunes, go to "Edit," then "Preferences," and locate the "When you insert a CD" section on the "General" tab. Push the "Import Settings" button, and another tab will appear. For the "Import Using" section select "MP3," then select "Custom," and set to 320 kbps.



NOTE ON HEADPHONES

For the full entrainment effect, it is recommended that one use earbuds or headphones when listening to Workout Ecstasy.



Compatible Players

MP3

- *Compatible with all MP3 players.*



IMPORTANT NOTE ON USING WE:

Be sure to **drink at least one glass of water before your sessions and one glass of water afterward.** Brainwave entrainment increases blood flow to the brain, and drinking plenty of water helps your brain rid itself of waste byproducts.

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Welcome to Workout Ecstasy Vol II

by John Dupuy & Nadja Lind

In case you don't know: the science is in, the evidence is there, rigorous, vigorous exercise is essential to human health, a long life, and happiness.

The only way to achieve these benefits in your life is to get off the couch and work out! Wouldn't it be great if your rigorous workouts were not a painful chore but an ecstatic flow state? Well, that's exactly what the Workout Ecstasy series is designed to do and exactly what it does accomplish -- according to you, iAwake's beta testers, and my personal experience. With this track, I find that I work out longer, work out harder, and exercise in a much more focused way. And, my workout is over when it feels like I'm just getting started! It's that much fun.

So, welcome to Workout Ecstasy Vol II, our second offering in the ongoing Workout Ecstasy series. I love Workout Ecstasy Vol I, really love WE Vol II, and am looking forward to Nadja Lind's future offerings. Stay tuned for more, as we create a whole library of musical workout brainwave entrainment aids.

Get your exercise clothes on, keep your headphones out, and start rocking and dancing and sweating, lifting and stretching your way to superior health and ecstatic exercise.

***Much love and respect,
John Dupuy***

And, from producer Nadja Lind:

I am a very active personality, and I get bored and distracted easily. Sometimes I experience a lack of motivation when I step onto the treadmill or start working out at home or outdoors. At times, I have even been distracted to the extent that I stopped training all together.

So I thought about creating something to help my brain stay assertive, alert, focused, and meditative – all at the same time – that would also keep my body moving at a certain pace, and, probably the most important factor to me: make the whole experience FUN!

About Workout Ecstasy Vol II

Workout Ecstasy can help you:

- be more inspired and focused during your workouts
- maintain a steady pace while jogging or doing cardio exercise
- energize and focus your strength training sessions
- motivate and get more out of your exercise program
- exercise your brain while you exercise your body
- have spontaneous dance sessions at work or at home (in other words, just listen and move your body as you feel inspired to!)
- feel joy and ecstasy as you exercise

Remember that exercise can and should be fun, and not a burden.

In this offering, there is one 60-minute track that includes a warm-up period, a speed-up period, a steady 30 minutes at 134 beats per minute to give you a challenging workout, and a 10-minute cool-down period.

Total length: 60 min

Tempo with 4 Hz theta brainwave entrainment throughout:

- 5 min warm-up 125 bpm
- 15 min speed-up 125 - 134 bpm
- 30 min at speed 134 bpm
- 10 min slow-down/cool down 134 - 126 bpm

Phase One Starts at 125 bpm (beats per minute) over the time span of the first 5 minutes. Warms up the muscles, moves the joints in order to avoid injuries, and slowly increases the heart rate. Reminds the listener to breathe deeply in order to provide enough oxygen to the muscles for building up the energy level in the body for the exercise to come.

Phase Two The workout beat gets the listener into an exercise mood starting at 126 bpm (beats per minute) and increasing up to 134 bpm over the next 15 minutes.

Phase Three Over a time span of 30 minutes, the workout continues at a constant 134 bpm training.

Phase Four During the last 10 minutes of the 60-minute workout, the tempo will gradually slow back down to 126 bpm.

How To Use Workout Ecstasy Vol II

The way we recommend using this track for the greatest effectiveness in your workout routine (and we know you will find new and exciting ways to use this on your own) is to start the track at the beginning of your workout.

Notice there is a gentle drone before the beats kick in. Use this time to center down, visualize your meditation, and we highly recommend dedicating your workout to your highest good at this moment in your life. This infuses the exercise with additional energy, purpose, and focus.

When the beats kick in, start moving your body and get to work.

At the end of the track, the music moves into a calming drone sound. At this time, you can refocus, relax your muscles, thank your higher power, and be done with your workout. Or, if you're really going for it, simply put the track on a loop, play it again, and kick some more exercise butt.

Another way to use this track is when you are working in your office or at home, and starting to feel tired and drained, you can put the track on (either using your mobile device with headphones or earbuds, or simply listening through speakers) and begin to dance and move with the music. This is a tremendous way to revitalize and energize your day.

Good luck finding new and exciting applications to Workout Ecstasy Vol II and feel free to share them with the iAwake team at support@iawaketechnologies.com. We'd love to hear what you come up with.

So get moving, get sweating, and start grooving!

Workout Ecstasy can be played on any computer, MP3 player, smart phone, or stereo system (headphones optional but optimal!).

The Difference Between Workout Ecstasy Vol I and Workout Ecstasy Vol II

- **Workout Length** - In WE Vol II, the length of the workout is longer -- 60 minutes total versus WE Vol I's 2 tracks, one at 26 minutes and one at 46 minutes.
- **Workout Pace** - In WE Vol II, the tempo is more challenging with 30 minutes at 134 bpm (versus WE Vol I's steady pace of 127 bpm), plus Vol II has an initial warm-up of 5 minutes, a speed-up time of 15 minutes, and a 10-minute cool-down time.
- **Deeper Entrainment** - In WE Vol II, the entrainment is an even deeper focus throughout the whole workout -- at a constant 4 Hz binaural frequency (theta) -- for a meditative, inward focused state of deep relaxation of the brain while the body is fully active.
- **The Music** - Like in Vol I, the music is very repetitive so you are not distracted from your workout but just stimulating enough to keep your training fun, going at a good pace, and keep you from getting bored.

Workout Ecstasy Vol II's Technology

Workout Ecstasy Vol II 60 minutes (binaural theta, vibroacoustic drones), maximum tempo 134 bpm

Target Brainwaves – Theta 4 Hz - This track offers a combined approach to accomplish guiding the listener into the desired brainwave state and eliciting the experience of an effortlessly focused and practiced workout.

Binaural Entrainment - The entire recording has been encoded with a binaural entrainment modulation rhythm of 4 Hz targeting the theta state, to foster a sense of being at ease, calm, assertive, and in deep harmony with the body and the surroundings, inverting the attention and focus of the mind while being active. This modulation is perceived by the brain as a stimulus to entrain to and to focus on during the training.

Vibroacoustic Drones – This track employs the use of low frequency droning tones in order to promote a sustained sense of comfort, releasing stress from the mind and body, guiding and allowing for a deepening of energy and focus.

This track can be listened to with or without headphones. However, when listened to without headphones, the binaural frequency will not work.

Produced by Nadja Lind using two oscillators (entrainment), several synthesizers, effects, and samples.

About Nadja Lind



Nadja Lind has been creating (and using) binaural beat ambient meditations since 2011, producing electronic music since 2004, and dj-ing since 2003. Nadja works out approximately five times a week at the gym and likes to use entrainment + beats. She used to work as an aerobics instructor and fitness trainer.

Nadja is the creator of [Turning In Ambient Meditations](#) and Workout Ecstasy Vol I. She has a DJ career that kicked off on New Year's Eve 2003 and has spawned a typically globetrotting calendar (Fabric London, Time Club Manila, Tresor and Berghain Kantine in Berlin, DC10 Ibiza), a production career that has seen several works as either a solo artist or with Klartraum production buddy Helmut Ebritsch, and the dizzying heights of being co-owner of the Lucidflow imprint, a record label which has started to rack up quality releases and remixes, seeing the likes of John Digweed and Hernan Cattaneo plucked from the catalogue, a strong seal of quality.

Her personal development and spiritual evolution led her to Ken Wilber's AQAL map and the idea of "Integral" many years ago, which was the catalyst for starting her own Meditation Series. Recording initially to support her own healing process, but quickly also appealing to her friends and DJ colleagues who requested more drone waves with the certain Nadja touch, was the beginning of Turning In Binaural Ambient Meditations.

iAwake Support Links



Profound Meditation on Facebook:

<https://www.facebook.com/ProfoundMeditationProgram>



Profound Meditation on Twitter:

<https://twitter.com/iAwakeTeam>



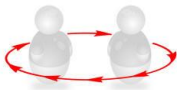
Profound Meditation Practitioners Forum:

<https://www.facebook.com/groups/profoundmeditation/>



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Customer Support:

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PROFOUND MEDITATION 3.0 FULL SPECTRUM



Science Meets Stillness

An integrated synthesis of leading-edge
neurotechnology and energy medicine

"iAwake technologies has continued their pioneering research into brain/mind sound technology with their latest release of *Profound Meditation 3.0*. I've been a fan of their products from the beginning, and I can say that they just keep getting better. So if you've never tried binaural beat technology—and especially if you have!—by all means check out their latest. I think you won't be disappointed!"

Ken Wilber—The Integral Vision

www.iawaketechologies.com