



Journey to Yoga



10 DAYS OF CONNECTION WORKBOOK

TABLE OF CONTENTS

Welcome	1
DAY 1	2
DAY 2	4
DAY 3	6
DAY 4	8
DAY 5	10
DAY 6	12
DAY 7	14
DAY 10	16
Conclusion	18

JOURNEY TO YOGA

10 DAYS OF CONNECTION WORKBOOK

Welcome to Journey to Yoga: 10 Days of Connection, a daily program of 45 minute yoga and meditation practices that focuses on life-enhancing Core Values. Core Values are guiding principles that shape your behavior and actions to align you with your highest purpose and deepest experience of connection. Connection is felt at the heart and when you are connected you experience harmony, understanding, and peace. More than an emotion, connection occurs when "more than one thing joins together." The word "yoga" also means "to yoke" or "to join" and the intention for Journey to Yoga is to help you experience a depth of union off the mat and in your everyday life. You are always, already connected. But feeling connected comes from taking the time to align with your life's purpose, greatest values and most meaningful relationships. Each daily practice builds upon the previous to help guide your life in a supported, connected, holistic way. To maximize your experience of connection, Journey to Yoga includes this workbook with daily exercises to dynamically bring each Core Value off your mat and into your everyday life. For yoga to truly transform and elevate you, it must move with you through everything you're thinking, saying and doing.

Visit this workbook immediately after your yoga practice to further enhance your 10 day experience. Then, join our online communities to share your intentions, daily activities, and goals to help build support and accountability, and to gain inspiration and an even deeper connection.

Your journey begins within...
Lauren Eckstrom

DAY 1

THE CORE VALUE OF INTENTION

Welcome to Day 1 of your Journey to Yoga workbook. Congratulations on beginning your journey and seeing your intention through by visiting today's first exercise! Acknowledge yourself for already showing up and acting upon your intention! During your yoga practice you established an intention to carry with you through the next 10 days. You applied that intention during your practice as a touchstone, a place you returned to for guidance and clarity. Now, practice writing your intention, informed by your own personal core values, to give you a tangible place to return to daily to support you on the path to greater connection.

EXERCISE

1) Core values are principles that guide your behavior in the world, and help determine how you will pursue your life's purpose. Some examples of core values include integrity, health, joy, connection, community, creativity or service. What are your personal core values?

Make a list of your top 4-6 and define what they mean to you.

2) Write your intention as an affirmation, stating it both in the present and the positive, including at least one of your core values. For example, "I am healthy, spiritually connected, and living my highest purpose." Write your affirmation as if it's already happening.

3) Repeat this affirmation to yourself 3 times a day - once first thing in the morning, once in the middle of the day, and again before you go to sleep at night for the next 10 days. Repeating the affirmation at night helps to focus your subconscious on the cultivation of the intention in your conscious, waking life. You can even set an "Affirmation Reminder" alarm on your mobile device to prompt you to repeat your affirmation 3 times each day.

DAY 2

THE CORE VALUE OF GROWTH

Today you built strength on your yoga mat while navigating challenging transitions with contentment and ease. You utilized your physical practice as an opportunity to experience growth firsthand! Growth, often experienced as change (such as shifting gracefully from one pose to the next or one job to the next), can be uncomfortable and challenging, yet growing pains are a clear sign that lasting transformation is underway.

Now, you'll reflect on areas for personal growth off your mat as you build resilience and enact lasting change to strengthen your connection to your intention and core values. Today's core value, growth, is geared to positively push you along the stepping stones toward transformation.

EXERCISE

1) Create a list of habits, behaviors, thoughts, or lifestyle choices that conflict with your personal core values. For example, maybe you spend an excessive amount of time on your phone or social media. Maybe you put your practice aside to watch TV, drink, or participate in other activities that take you further away from your values rather than closer to them. Maybe you speak unkindly to yourself, inhibiting your happiness and potential.

Write this list honestly and free of self-judgement.

2) Set 3 reasonable, achievable goals for the next 9 days that will support you in experiencing greater connection as you move through Journey to Yoga. State your goals in the positive and review them daily. Then share your goals with our online community as a way to hold yourself accountable, connect with others, and help inspire people on their own path.

Examples might include:

- *I practice every morning for the next 9 days, prioritizing my health, wellbeing, and joy.*
- *I set aside 10 mins every day for self care to journal, meditate, or enjoy a cup of tea.*
- *I limit how much time I spend watching TV and on social media so that I spend more time connecting to my practice, friends, family, and core values.*
- *I speak to myself and about myself compassionately and kindly.*

3) Continue repeating your affirmation from day 1 three times a day.

DAY 3

THE CORE VALUE OF DEVOTION

After today's heart-opening, back-bending practice, it's time to explore living a life that is devoted to spending more energy on what inspires and elevates you. Devotion comes in many forms. You might be devoted to family, nature, spirituality, or helping others. What is your unique definition of devotion as it appears in your life or as you would like it to appear? Remember, from a still mind and an open heart, devotion flows.

EXERCISE

1) What brings you a feeling of connection? What turns you on and lights you up? Is it spending time in nature, placing your bare feet on the Earth, listening to your inner voice, or engaging in social activism? Create a list of experiences and actions that bring you a sense of connection to something larger than yourself.

2) Devote time today to one of the items you listed above. How do you plan to devote yourself to an experience of connection today? Share your action plan with our community...not only hold yourself accountable but to inspire others as well.

3) Repeat your affirmation from Day 1 three times and implement your goals from Day 2.

DAY 4

THE CORE VALUE OF SELF CARE

Gentle yoga may gift you a feeling of replenishment, nourishment, or increased awareness of your most pressing needs. Inspired by today's practice, this exercise asks you to respond with tenderness and dedication to those needs. Your needs might include rejuvenation, downtime, or wellbeing. In a culture that promotes "busy is better" and "no rest for the weary," you can quickly feel disconnected from your highest potential by getting trapped in a cycle of stress, exhaustion, and overexertion. In order to authentically connect with others, you must first create a foundation of inner connection to your Self. Learning to acknowledge and respond to your needs is the first step. Remember, *"The journey begins within..."*

EXERCISE

1) When you are disconnected, stressed-out, or otherwise suffering, what do you need most? Is it love, space, tenderness, conversation, or touch? Take a moment and ask yourself, "What does this vulnerable place inside of me need?" Write those actions down. For example, "When I'm at work and I feel overwhelmed, stressed, or anxious, I will take a walk outside to help ground my energy and reconnect."

2) Write your self care actions down on index cards. Then, over the next 6 days, when you find yourself feeling disconnected, pause and gift yourself one of your answers from above by choosing one of your cards. Self care takes commitment and an understanding that you are worthy of caring for yourself as much as you care for others.

3) Share your favorite acts of healing self care in our social media community, and learn how others support themselves. This is a great way to connect when you feel you could use fresh ideas for taking care of yourself.

4) Repeat your affirmation from Day 1 three times and implement your goals from Day 2.

DAY 5

THE CORE VALUE OF STABILITY

When a building is stable it can withstand the test of time, inclement weather, and the unexpected rumblings of the Earth. When you yourself are stable, like a well-built structure, you remain centered and content in the face of challenges, transitions, and the many unforeseen twists and turns of life. In today's yoga practice, your physical balance was challenged as a pathway for building stability in the face of adversity.

Now, in the following exercise, you'll examine where you lose your connection to an inner experience of stability and how you can reclaim center in the midst of life's unpredictability.

EXERCISE

1) When do you lose your composure? Perhaps when you're stuck in a traffic jam, or when you're overwhelmed at home or at work? Make a list of the times you feel the most disconnected from physical, mental, and emotional stability.

2) Today, practice repeating the stability mantra, either out-loud or silently, when you notice yourself becoming aggravated or otherwise imbalanced.

- *Inhale: "I draw calm into my mind."*
- *Exhale: "I breathe out with ease."*

3) Repeat your affirmation from Day 1 three times and implement your goals from Day 2.

DAY 6

THE CORE VALUE OF INTEGRITY

Today's yoga practice emphasized the core value of integrity by placing specific focus on the alignment of twisting postures. You were called upon to honor your truth - the truth of your spine and anatomical structure, only going as far as possible while still remaining in alignment from the inside out. This is what integrity feels and looks like in the world. Total alignment from the inside out! Integrity is defined as "being whole and undivided." When you live with integrity, your words and actions are trustworthy and reliable. To live with integrity is to be a person others can trust, even when truth telling is scary or hard. To live in integrity is to live your Truth. Most importantly, when you live the core value of integrity, you live with a greater sense of freedom and connection, knowing you have nothing to hide.

EXERCISE

1) What does Integrity mean to you and how does it appear in your life? Write 3 agreements to maintain integrity in your daily life. You might consider including other core values, your affirmation from Day 1, or goals you established on Day 2.

Examples might include:

- *I speak from a place of wholeness, speaking truthfully, mindfully, and with respect to myself and others.*
- *If I make a mistake, I take responsibility, and while remaining compassionate with myself, perceive it as an opportunity.*
- *I keep my word and follow through on the promises I make.*

2) Share your 3 Integrity Agreements in our social media community. And, when you don't follow through, share how it felt to be disconnected from integrity. We can support each other in maintaining our agreements and help each other get back on track when we falter.

3) Repeat your affirmation from Day 1 three times and implement your goals from Day 2.

DAY 7

THE CORE VALUE OF CREATIVITY

When you're in a state of "flow," time moves seamlessly from moment to moment. Flow is a creative state that anyone can enter, regardless of artistic capabilities! You might step into this flow while working on a project you love, moving through a dynamic workout, or engaging in a powerful dialogue. Today's yoga practice was an invitation into physical playfulness as a way to breakout of physical and mental rigidity. After two days of highly structured yoga practices (Stability Day 5 and Integrity Day 6), today, like a child at play, you moved in a limitless, liberated way. The innovative, dynamic movements were designed to help unlock your potential. At first you might feel resistance to something new but, overtime inhibition and restrictions fall away revealing a deeper sense of freedom and newfound imagination. No matter your experience, your creativity is unique to you and today's exercise is designed to evoke your personal creative nature.

EXERCISE

1) Create a vision board. Be creative! Call on your intentions, goals, personal core values, and aspirations. What does your heart most desire? What does living your life's purpose look and feel like? Use clippings from a magazine, draw pictures, write words or even create a vision board online using a platform such as Pinterest. Let your inner child play! Pull out glue sticks, crayons, colored pencils...let yourself be messy and imperfect. It doesn't need to be big or impressive. In fact a smaller sized vision board can live in your journal or somewhere you can see it daily. When you're done, share a photo of your vision board with our online community to share your vision!

2) Repeat your affirmation from Day 1 three times and implement your goals from Day 2.

DAY 8

THE CORE VALUE OF COMPASSION

Today's restorative yoga practice is like a dear friend, a practice you can turn to for comfort and care. This practice provides solace, healing, and relief - key components of today's core value, compassion. Compassion is fundamental to self-realization, survival, and connection with others. Without compassion you live in a constant state of "fight or flight" and are unable to attend to your deepest needs or the needs of others. Without compassion, you become trapped in protecting yourself or defending against others and the result is disconnection. As you practice compassion toward yourself you are better able to care for the suffering of others. Today's exercise guides you toward living with compassion both inwardly and outwardly for a thriving, whole, and joyful life.

EXERCISE

1) Write out 3 phrases of compassion. The phrases can be short and simple to memorize.
Create 3 phrases that feel truly comforting to you:

- *May I be kind and patient with myself*
 - *May I be happy and well.*
 - *May my heart be at peace.*
-
-
-

2) Practice sending these phrases to yourself and people around you as you move through your day. If you're standing in a line, caught in traffic, or sitting in a meeting, silently send these phrases to the people around you, cultivating compassion for all who surround you.

3) At the end of the day, journal about your experience of using the phrases throughout the day. Did you notice a difference in how you felt as you moved through the day? Were you aware of people treating you differently or behaving in a more a more calm, peaceful way? Did you feel less reactive or more patient?

DAY 9

THE CORE VALUE OF GRATITUDE

Gratitude is a medicinal emotion that leads to radical shifts in your energy field, in your relationships, and across the planet. Did you feel it today in your yoga practice? Could you sense your energy lift, your face soften, and your heart rise as you filled your body and mind with tremendous thanks? Today, practice giving thanks to invoke new learning as you begin to perceive challenges as opportunities rather than setbacks. With gratitude in your heart you can transform any moment. Gratitude is truly magic! This is a life-changing core value that will stay with you forever!

EXERCISE

1) Make a list of 25 people, experiences or things you feel gratitude for. If you feel inspired, share your gratitude list with the Journey to Yoga online community!

2) Each morning before you get out of bed for the next 30 days, think of 3 things you feel grateful for. Notice how focusing on gratitude first thing in the morning affects your day.

3) Repeat your affirmation from Day 1 three times and implement your goals from Day 2.

DAY 10

THE CORE VALUE OF CONNECTION

Connection occurs at the space of the heart. After daily practice, both on and off the mat, you've moved from always already being connected to truly feeling connected! When you feel connected to yourself, you experience harmony, joy, understanding, and peace. To be connected is to feel seen and heard from the inside out. As you've learned throughout these 10 days, the journey to deeper connection begins within. This final exercise compels you to enact the ultimate core value of connection off your mat and in the world. Now that you're connected within, it's time to help connect the world!

EXERCISE

1) Now that you've moved through 10 days of practice and self-inquiry, it's time to build connection through service. Choose one act you can undertake today to give back. In yoga we call this Seva or Karma Yoga. Instead of simply writing a check or making a quick donation online (while yes, financial support does matter), today's exercise is to truly connect, which might mean stepping outside of your comfort zone. Take time to make eye contact with someone, spend time in conversation, give back in a way that is fueled by connection. Touching just one person is enough and can transform both of your hearts into a state of true belonging. Then, share your story with our online community and inspire others.

Congratulations on completing Journey to Yoga. Over the past 10 days you've explored the Core Values of Intention, Growth, Devotion, Self Care, Stability, Integrity, Creativity, Compassion, Gratitude, and Connection. These Core Values are enhanced and reaffirmed by being visited time and time again...You can repeat this entire program starting by at Day 1 any time! Create a new intention with each 10 days, or take more time to develop the one you held with you on this first journey. You can also revisit the exercises in the workbook to help clarify areas that need further exploration and consideration. Or, choose single practices and return to any Core Value on its own to reignite your inspiration and goals in that particular area. No matter where you are, Journey to Yoga is here for you. You've accomplished so much in the last week and a half and your journey is just beginning. What is your Intention now that your first journey is complete? How will you continue to Grow? What steps will you take to continue implementing daily acts of Self Care, Devotion, and Creativity? What does Integrity look and feel like as you enter this new phase? It has been an honor sharing this pilgrimage with you. Stay connected and continue to share with our online community, knowing that your practice is an inspiration to all those you interact with. Allow your practice to guide everything you're thinking, saying and doing.

With tremendous love and gratitude,

Namaste - the Light in me bows deeply and humbly to the Light in you...

Lauren Eckstrom



10 DAYS OF CONNECTION WORKBOOK

JOURNEYTOYOGA10.COM