

LEVEL UP 108

- A 108 DAY YOGA PROGRAM -

with TRAVIS ELIOT







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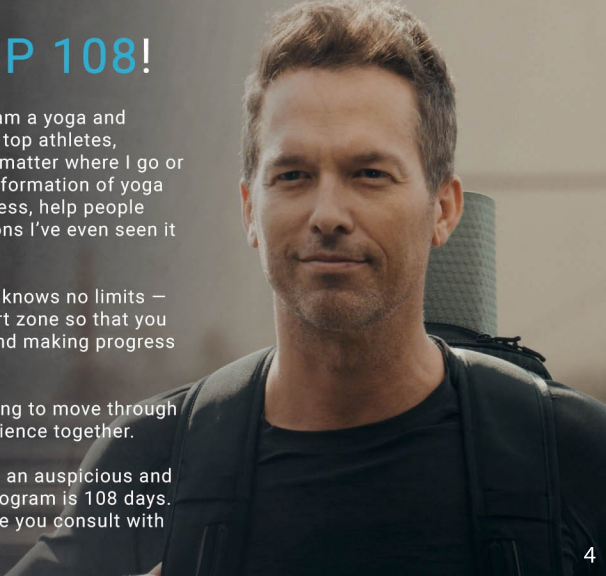
WELCOME TO LEVEL UP 108!

Welcome to Level Up 108! My name is Travis Eliot and I am a yoga and meditation teacher, and author. I've taught yoga to many top athletes, celebrities, entertainers, and even inmates in prison. No matter where I go or who I teach, I get to witness firsthand the powerful transformation of yoga and meditation. I've seen it heal people from chronic illness, help people navigate devastating life events, and on multiple occasions I've even seen it save people's lives!

Level Up 108 is for people who know that being ultimate knows no limits – and I'm going to inspire you to move beyond your comfort zone so that you ignite massive growth. Because when you are growing and making progress you feel most alive!

This is powerful stuff, and over the next 108 days we going to move through a challenging but very rewarding and life-changing experience together.

If you're not familiar, the number 108 is considered to be an auspicious and sacred number in the yoga tradition, which is why this program is 108 days. As always, before starting any fitness program make sure you consult with your healthcare professional.





WHY LEVEL UP 108 IS POWERFUL

Level Up 108 addresses “The 4 Pillars of Fitness” which includes strength, balance, flexibility and stamina. We will be combining the best of athleticism with meditation.

The program has also been designed to address “The 6 Human Dimensions” which includes the body, energy, mind, heart, wisdom and soul.

In other words, together, we will awaken your fullest potential!

PROGRAM CONTENTS

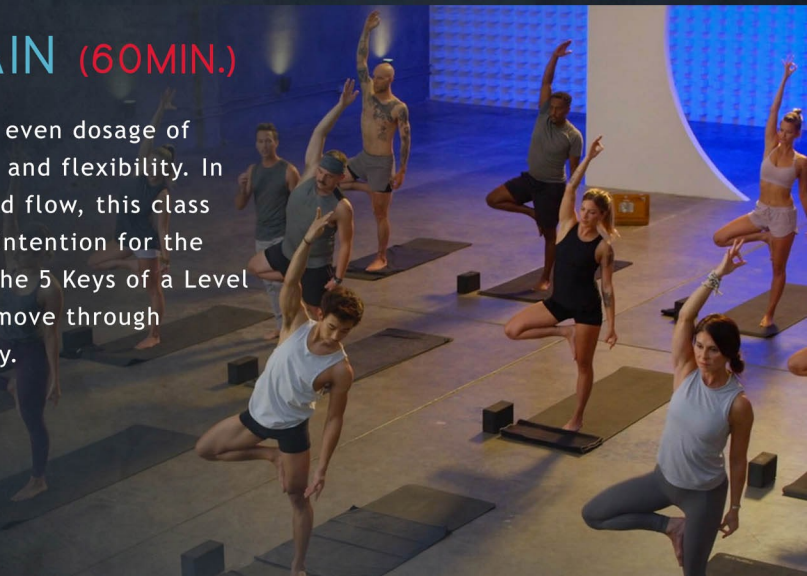


- 1) 11 Thematic Yoga Practices including power, yin and gentle yoga
- 2) 7 Meditation Classes
- 3) 3 BONUS Videos including hardCORE, The Handstand Workshop and Pranayama
- 4) Introduction Welcome Video
- 5) Days 36, 72 and 108 Check-In Videos
- 5) Digital Booklet
- 6) Digital Calendar
- 7) Teaser Video
- 8) Trailer Video

THE YOGA CLASSES

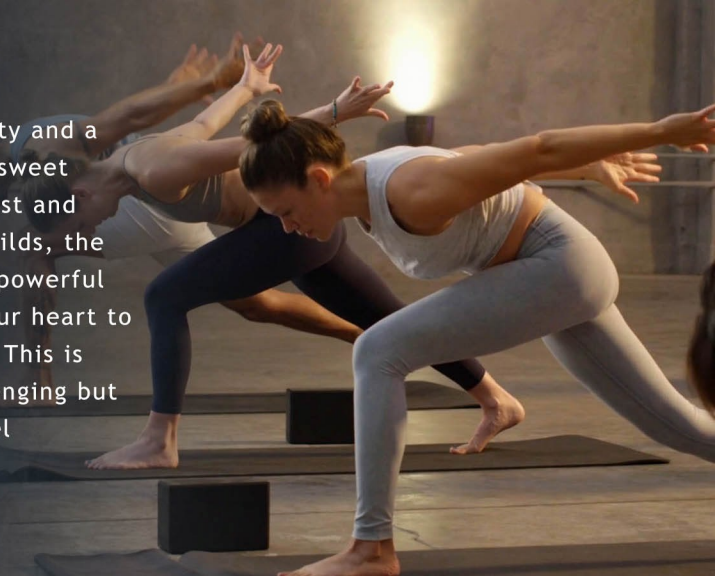
CROSS TRAIN (60MIN.)

This practice provides an even dosage of strength, cardio, balance and flexibility. In addition to a well-rounded flow, this class will connect you to your intention for the program and reinforce “The 5 Keys of a Level Up Mindset.” Prepare to move through athleticism, the yogic way.



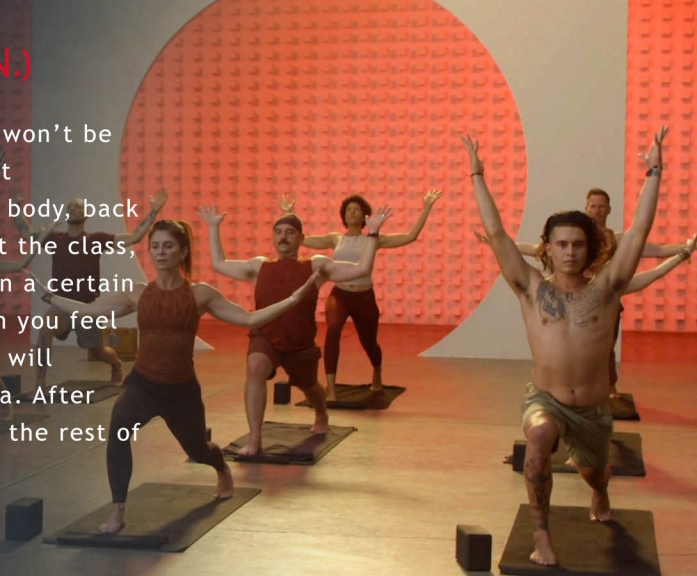
CARDIO (60MIN.)

Although this class will get sweaty and a little messy, it starts with some sweet stretching for the shoulders, chest and wrists. Eventually as the flow builds, the heart rate picks up, providing a powerful cardio effect. You can expect your heart to be thundering inside your chest! This is definitely one of the most challenging but rewarding practices. You will feel exhilarated at the end.



STRENGTH (60MIN.)

By the end of this practice, there won't be an area of the body that didn't get strengthened – lower body, upper body, back of the body – all of it. Throughout the class, Travis will take you to your edge in a certain muscle group. And then right when you feel like you've reached your limit, he will skillfully guide you to another area. After this class, you will be moving into the rest of your day feeling unstoppable!



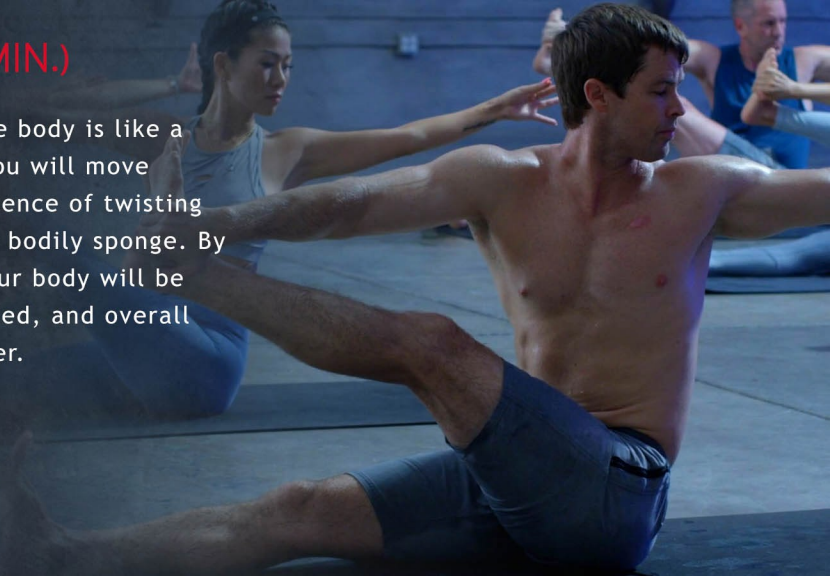
BALANCE (60MIN.)

A shirtless man in dark shorts is performing a handstand in a gym. He is balanced on one hand, with his legs extended horizontally to the right. The background shows a gym floor with mats and a person in the background.

For many people balance is the most neglected part of their fitness. This class will give you an opportunity to refine your balance skills. Toward the end of the standing series you'll also have the opportunity to get upside down as you practice your handstand! This class will balance not only your body, but also your mind. Remember to have fun with this one. If you can smile and laugh when you fall, that's advanced yoga.

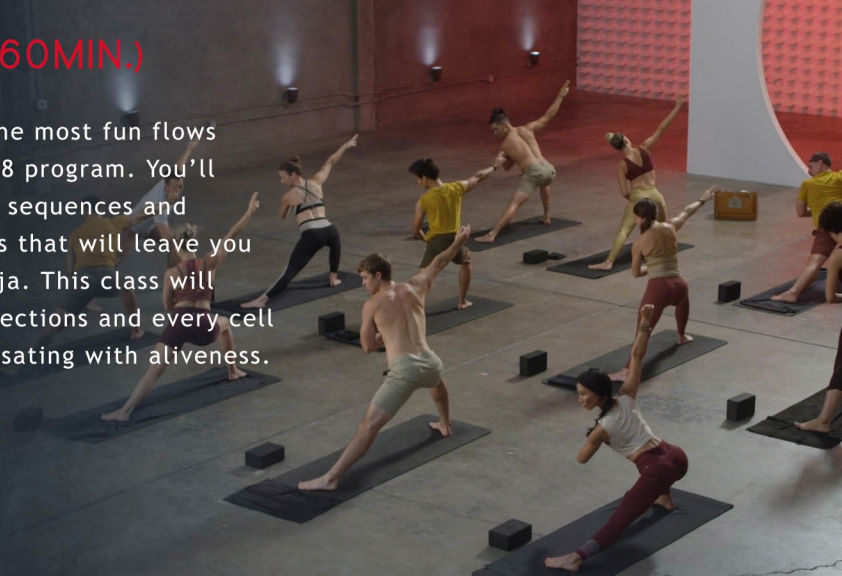
DETOX (60MIN.)

In yoga they believe the body is like a sponge. In this class, you will move through a dynamic sequence of twisting poses, wringing out the bodily sponge. By the end of this class your body will be purified, spine electrified, and overall feeling light as a feather.



VITALITY (60MIN.)

This might be one of the most fun flows during the Level Up 108 program. You'll move through creative sequences and explore pose variations that will leave you feeling like a yoga ninja. This class will move vitality in all directions and every cell in the body will be pulsating with aliveness.



FLEXIBILITY (60MIN.)

Don't let the title of the class fool you, this is a power yoga practice. This Flexibility sequence encompasses flow with dynamic stretching. After an invigorating standing flow be prepared to get nice and bendy. This class is the perfect balance of power and suppleness.



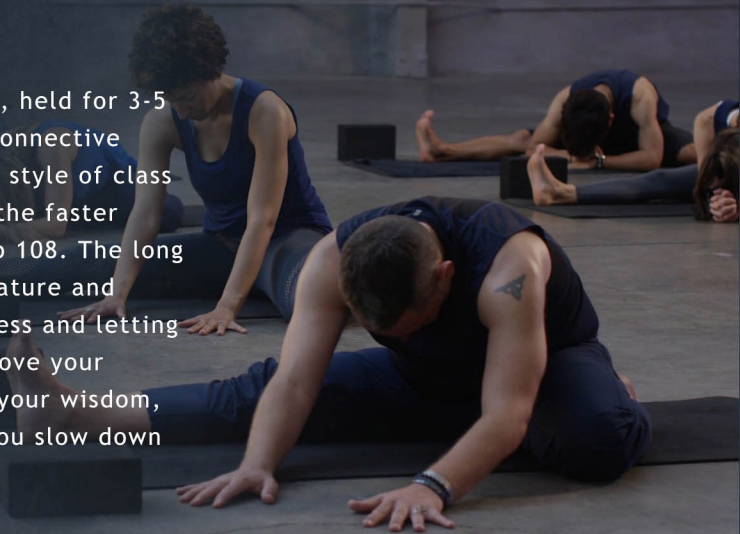
GENTLE (60MIN.)

After all the hard work you've put into the power yoga practices this one is well deserved. In order to successfully complete the 108 days, the relaxed days are extremely important. Gentle yoga will give your body the opportunity to rebuild and repair. So prepare to kick back, relax and indulge yourself in a beautiful, gentle flow.



YIN (60MIN.)

Yin yoga involves seated poses, held for 3-5 minutes, to promote healthy connective tissues, fascia and joints. This style of class is the perfect complement to the faster power yoga classes of Level Up 108. The long holds are very meditative in nature and teach the importance of stillness and letting go. At the same time you improve your pliability, you'll also improve your wisdom, because wisdom arises when you slow down and look within.



UPPER BODY YIN (30MIN.)

You're only as strong as your weakest link. This practice will take care of the key upper body links – the chest, shoulders, neck and wrists. This short but medicinal class will leave you blissfully relaxed.



108 SUN SALUTATIONS (50MIN.)

In this video you will be celebrating your major milestones on day 36, 72, and 108! Traditionally Sun Salutations are practiced as a way to give thanks to the sun for its light, warmth and energy. If it wasn't for the sun we wouldn't be here. As you celebrate how far you've come during the Level Up 108 journey, allow yourself to be fueled by gratitude. Relax into the rhythmic cadence of this invigorating sequence.



THE MEDITATIONS

LEVEL UP MEDITATION (10MIN.)

In this meditation, you will mentally rehearse your Level Up 108 program goals. Research shows those who mentally rehearse future events in the mind have more effective outcomes. Travis will also guide you to reflect upon "The 5 Keys to a Level Up Mindset."



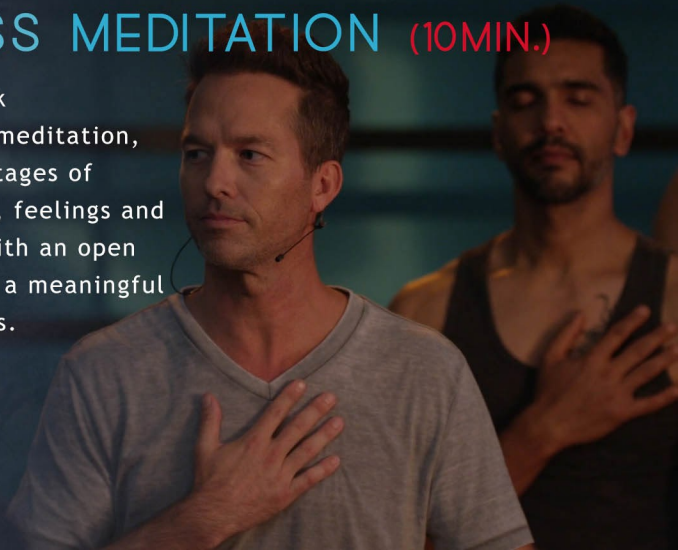
BREATH MEDITATION (10 MIN.)

Focusing on the breath is one of the oldest and most powerful meditation practices on the planet. Your breath is always with you. It can be accessed anytime as a way to open the mind to presence and calmness. This meditation will steady and focus the mind.



LOVING KINDNESS MEDITATION (10 MIN.)

Loving Kindness practice dates back approximately 2,500 years. In this meditation, Travis guides you through various stages of spreading compassion using images, feelings and the repetition of loving phrases. With an open heart you experience more joy and a meaningful connection with yourself and others.



MENTAL NOTING MEDITATION (10 MIN.)

A group of people are sitting in a circle on the floor in a dimly lit room, practicing meditation. A man in the center is playing a small keyboard instrument. The scene is captured from an overhead perspective, showing the participants in various seated positions. The lighting is soft and focused on the central figure.

When you name it, you tame it. In this practice, Travis will guide you to gently note thoughts, feelings and sensations that arise within your practice. This teaches you to witness experience rather than react to it.

GRATITUDE MEDITATION (10 MIN.)

Enlightened masters and modern researchers have espoused that gratitude is one of the greatest contributing factors to happiness and joy. Gratitude brings a quality of fullness and wholeness to life. Without it, we often focus on what is missing and lacking, therefore feeling empty and often not good enough. Prepare to give thanks to the limitless blessings of life!



PRESENCE MEDITATION (10MIN.)



It is very common for the mind to dwell outside of the present moment experience. When we look closely, we might notice the mind replaying past events or anticipating future scenarios that may or may not happen. When the mind gets pulled away from the present moment, we miss out on the depth and richness of the NOW. In this practice, Travis will guide you to anchor into the power of presence.

MAY YOU BE HEALTHY BODY SCAN MEDITATION

(10MIN.)

In this beautiful meditation, you will deepen your relationship to self by blessing all the body parts to be healthy. When the body is healthy, you will successfully be able to complete your Level Up 108 journey.



BONUS CLASSES

THE HANDSTAND WORKSHOP (15MIN.)

One of the key poses of Level Up 108 is the Handstand posture. Handstands are the holy grail of inversions. If going upside down feels scary and intimidating, have no fear, Travis will safely guide you through all the necessary steps. By the end of the 108 days you will be proud of how far you've come. But in the end, it's not the handstand that really matters – more important is what you learn on the way!






HARDCORE (15MIN.)

Having a strong core is paramount to overall strength and stability. In this practice you will move through 11 different exercises for about one minute each. This sequence will address the entire abdominal wall and energetically reinforce strong willpower and healthy self esteem. Another benefit is this video will get you ready for bathing suit season!

THE CALENDAR

You'll see within the digital calendar that the 108 days are broken down into 3 stages of 36 days. Every day you'll be doing about an hour of yoga, and each cycle you'll change the routines. This will keep you getting stronger, fitter and more flexible. You'll also be doing 10 minutes of meditation daily because this program is about leveling up both your mind and body.

If possible, I highly recommend adding the short bonus practices. The hardCORE class will strengthen your abdominals. The Handstand Workshop will help you master this incredible inversion. And the Pranayama practice will dissolve mental stress and take your energy to a whole other level. Your calendar will spell out clearly when to add these special classes into the mix.



DAY	YOGA	MEDITATION	BONUS
1	CROSS TRAIN	LEVEL UP	PRANAYAMA
2	CARDIO	BREATH	HARDCORE
3	STRENGTH	LOVING KINDNESS	HANDSTAND
4	YIN	MENTAL NOTING	PRANAYAMA
5	DETOX	GRATITUDE	HARDCORE
6	VITALITY	PRESENCE	HANDSTAND
7	UPPER BODY YIN	BODY SCAN	PRANAYAMA



DAY	YOGA	MEDITATION	BONUS
8	CROSS TRAIN	LEVEL UP	PRANAYAMA
9	CARDIO	BREATH	HARDCORE
10	STRENGTH	LOVING KINDNESS	HANDSTAND
11	YIN	MENTAL NOTING	PRANAYAMA
12	DETOX	GRATITUDE	HARDCORE
13	VITALITY	PRESENCE	HANDSTAND
14	UPPER BODY YIN	BODY SCAN	PRANAYAMA



DAY	YOGA	MEDITATION	BONUS
15	CROSS TRAIN	LEVEL UP	PRANAYAMA
16	CARDIO	BREATH	HARDCORE
17	STRENGTH	LOVING KINDNESS	HANDSTAND
18	YIN	MENTAL NOTING	PRANAYAMA
19	DETOX	GRATITUDE	HARDCORE
20	VITALITY	PRESENCE	HANDSTAND
21	UPPER BODY YIN	BODY SCAN	PRANAYAMA



DAY	YOGA	MEDITATION	BONUS
22	CROSS TRAIN	LEVEL UP	PRANAYAMA
23	CARDIO	BREATH	HARDCORE
24	STRENGTH	LOVING KINDNESS	HANDSTAND
25	YIN	MENTAL NOTING	PRANAYAMA
26	DETOX	GRATITUDE	HARDCORE
27	VITALITY	PRESENCE	HANDSTAND
28	UPPER BODY YIN	BODY SCAN	PRANAYAMA



DAY	YOGA	MEDITATION	BONUS
29	BALANCE	LEVEL UP	HARDCORE
30	STRENGTH	BREATH	PRANAYAMA
31	FLEXIBILITY	LOVING KINDNESS	HANDSTAND
32	GENTLE	MENTAL NOTING	PRANAYAMA
33	DETOX	GRATITUDE	HANDSTAND
34	CARDIO	PRESENCE	HARDCORE
35	UPPER BODY YIN	BODY SCAN	PRANAYAMA



DAY	YOGA	MEDITATION	BONUS
36	BALANCE	LEVEL UP	HARDCORE
37	STRENGTH	BREATH	PRANAYAMA
38	FLEXIBILITY	LOVING KINDNESS	HANDSTAND
39	GENTLE	MENTAL NOTING	PRANAYAMA
40	DETOX	GRATITUDE	HANDSTAND
41	CARDIO	PRESENCE	HARDCORE
42	UPPER BODY YIN	BODY SCAN	PRANAYAMA




DAY	YOGA	MEDITATION	BONUS
43	BALANCE	LEVEL UP	HARDCORE
44	STRENGTH	BREATH	PRANAYAMA
45	FLEXIBILITY	LOVING KINDNESS	HANDSTAND
46	GENTLE	MENTAL NOTING	PRANAYAMA
47	DETOX	GRATITUDE	HANDSTAND
48	CARDIO	PRESENCE	HARDCORE
49	UPPER BODY YIN	BODY SCAN	PRANAYAMA



DAY	YOGA	MEDITATION	BONUS
50	BALANCE	LEVEL UP	HARDCORE
51	STRENGTH	BREATH	PRANAYAMA
52	FLEXIBILITY	LOVING KINDNESS	HANDSTAND
53	GENTLE	MENTAL NOTING	PRANAYAMA
54	DETOX	GRATITUDE	HANDSTAND
55	CARDIO	PRESENCE	HARDCORE
56	UPPER BODY YIN	BODY SCAN	PRANAYAMA



DAY	YOGA	MEDITATION	BONUS
57	CROSS TRAIN	LEVEL UP	HANDSTAND
58	STRENGTH	BREATH	PRANAYAMA
59	BALANCE	LOVING KINDNESS	HARDCORE
60	YIN	MENTAL NOTING	PRANAYAMA
61	CARDIO	GRATITUDE	HARDCORE
62	VITALITY	PRESENCE	HANDSTAND
63	UPPER BODY YIN	BODY SCAN	PRANAYAMA



DAY	YOGA	MEDITATION	BONUS
64	CROSS TRAIN	LEVEL UP	HANDSTAND
65	STRENGTH	BREATH	PRANAYAMA
66	BALANCE	LOVING KINDNESS	HARDCORE
67	YIN	MENTAL NOTING	PRANAYAMA
68	CARDIO	GRATITUDE	HARDCORE
69	VITALITY	PRESENCE	HANDSTAND
70	UPPER BODY YIN	BODY SCAN	PRANAYAMA



DAY	YOGA	MEDITATION	BONUS
71	CROSS TRAIN	LEVEL UP	HANDSTAND
72	STRENGTH	BREATH	PRANAYAMA
73	BALANCE	LOVING KINDNESS	HARDCORE
74	YIN	MENTAL NOTING	PRANAYAMA
75	CARDIO	GRATITUDE	HARDCORE
76	VITALITY	PRESENCE	HANDSTAND
77	UPPER BODY YIN	BODY SCAN	PRANAYAMA



DAY	YOGA	MEDITATION	BONUS
78	CROSS TRAIN	LEVEL UP	HANDSTAND
79	STRENGTH	BREATH	PRANAYAMA
80	BALANCE	LOVING KINDNESS	HARDCORE
81	YIN	MENTAL NOTING	PRANAYAMA
82	CARDIO	GRATITUDE	HARDCORE
83	VITALITY	PRESENCE	HANDSTAND
84	UPPER BODY YIN	BODY SCAN	PRANAYAMA

PRANAYAMA (15MIN.)

Pranayama, or Breath Work, is a powerful and potent practice. In this video, Travis has sequenced three of the most powerful pranayamas to level up your energy, brain coherence, alkalinity, and blood chemistry.





THE CALENDAR

DAY	YOGA	MEDITATION	BONUS
87	CROSS TRAIN	LEVEL UP	HANDSTAND
88	STRENGTH	BREATH	PRANAYAMA
89	BALANCE	LOVING KINDNESS	HARDCORE
90	YIN	MENTAL NOTING	PRANAYAMA
91	CARDIO	GRATITUDE	HARDCORE
92	VITALITY	PRESENCE	HANDSTAND
93	UPPER BODY YIN	BODY SCAN	PRANAYAMA

Even though this program is about Leveling Up your yoga practice, it's important you approach the poses from a place of wisdom and not ego. When it comes to yoga, your ego is not your amigo! This is about longevity, not stupidity. I want you to challenge yourself, but to do it with wisdom. In the classes, I will always offer variations of the poses, and your job is to pick the place in the pose that is challenging but not overwhelming.

Along those lines I understand a lot can come up over a 108-day period. In the event something unexpected comes up and you're not able to complete your practice that day, simply pick up where you left off as soon as possible. It might take you longer than 108 days to complete your program. That's ok, and I still believe in you.

WHAT YOU NEED



Because you'll be getting on your mat 'every' day we strongly recommend a high quality slip resistant yoga mat. One of my favorite brands is Manduka and they have mats where the more you sweat, the more grip you get. You can also use a skidless towel if you sweat profusely; and be forewarned, many of the Level Up 108 classes are super sweaty!

You'll also want 1-2 yoga blocks; one teacher calls these "Rectangles of Hope." Needless to say they are very helpful!

Some of you might want a strap, especially if you're on the tighter side.

Lastly, having a meditation pillow is a good idea for comfort.

Take some time setting up a practice space at home that is clean, and where you can set the temperature around 78-82 °F/25-28 °C degrees. Wear clothes that are fitted and comfortable.

LEVEL UP 108 NUTRITION

In order to maximize fat loss and the building of quality muscle tissue... nutrition is key. You'll need good, clean energy to fuel you through your 108-day journey. Use this time to eat extra well. In the Blue Zones where the most centenarians live, they eat a mostly plant-based, whole foods diet. And if they do eat meat it's only a couple of times a week. Load up on tons of organic fresh fruits, veggies and plant-based protein.

Avoid...

- 1) Processed foods
- 2) White bread
- 3) White sugar
- 4) White salt
- 5) Bad fats

Typically, try and stay on the outer edge of the grocery store and avoid the middle. Also, I recommend cutting out all alcohol and sticking to no more than (1) moderate serving of caffeine daily.

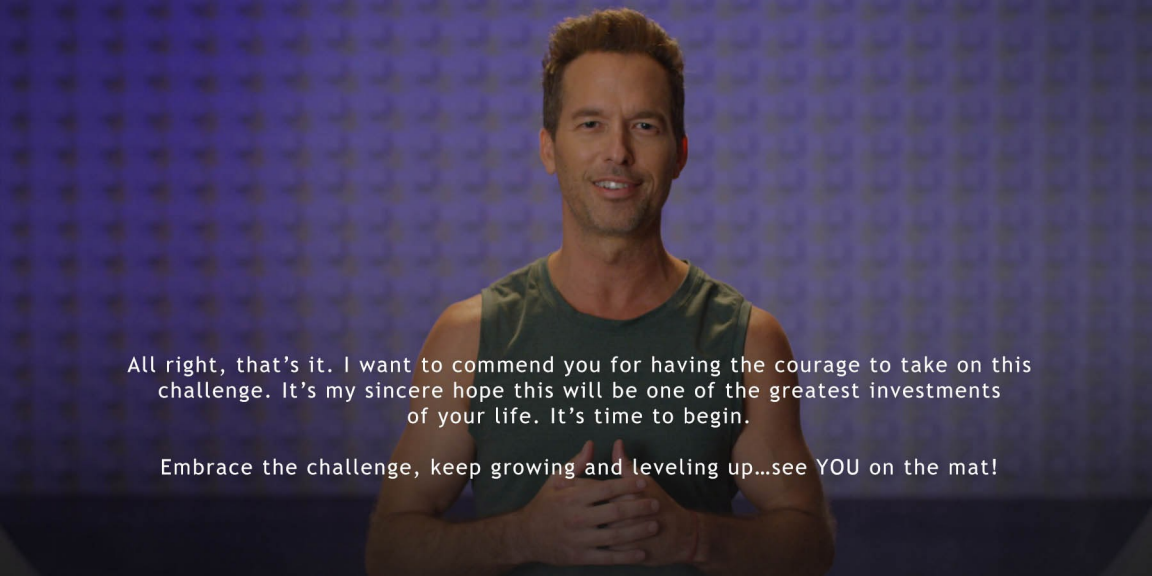
THE FIVE KEYS TO A LEVEL UP MINDSET

Lastly, I want to address the importance of your mind state for Level Up 108. This program, at times, is very rigorous, vigorous and demanding – especially in the beginning. The five keys to the Level Up 108 philosophy are...

- 1) Love the challenge
- 2) Focus on effort and never the outcome
- 3) Be at peace with imperfection
- 4) Nothing is impossible
- 5) Enjoy the journey

Abide by these guidelines and in 108 days you will stand victorious on the summit of Level Up 108!!!



A man with short brown hair, wearing a green tank top, is smiling and speaking. He has his hands clasped in front of him. The background is a solid blue color with a subtle grid pattern.

All right, that's it. I want to commend you for having the courage to take on this challenge. It's my sincere hope this will be one of the greatest investments of your life. It's time to begin.

Embrace the challenge, keep growing and leveling up...see YOU on the mat!

CREDITS

Created by Travis Eliot

Produced by Travis Eliot • Lauren Eckstrom

Executive Producers Travis Eliot • Lauren Eckstrom • Minji Cho

Directed by Jason Reim

Director of Photography Adam LaBrie

Edited by Mark Mulcahy

Music by Ryan Richko

Production Manager April Shunn Williams

'B' Camera Operator / Gimbal Operator Ryan Wood

'C' Camera Operators Andrew Fairbank • Jeffrey Ball

1st Assistant Camera Alex Cameron

1st Assistant Camera: 'B' Camera Emily Amos

Crane Technician Eric Hunter

Still Photographer Patricia Peña

BOWS OF GRATITUDE

This project wouldn't be possible if it wasn't for an amazing cast and crew. We are grateful for everyone who contributed their energy to Level Up 108!



CREDITS

Makeup Artist & Hairstylist Netsuki Blackwelder

Production Sound Mixer Rob Filios

Gaffer Jacob Abrams

Key Grips Ryker Wells • Connor Bodell

Best Boy Grips Chris Bond • Ryker Wells

Grip Frank Bifulco

Best Boy Electric Zachariah Dalton

Electricians Javier Bonilla • Tiara Olson

Data Assets Manager Sean Berger

Re-recording Mixer Justin Prymowicz

Dialogue Editor Justin Prymowicz

ADR Editor Ryan Richko

Music Recorded and Mixed by Ryan Richko



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YOGIS

Anna Meloyan, Anna Owsian, Brittany Stackhouse, Christine Turrentine, Claire Hiller,

Danielle Marciano, Denise Antoine, Denise Beaudoin, Emese Kovács, Hana Cha,

Janine Hamdan, Jennifer Troyan, Jillian Moore, Lynda Ingram, Manish Ramji, Matt Kahrs,

Megan Dietz, Michael Stebbins, Mychal Prieto, Noah Christensen, Noel Filipinas, Paige Lynch,

Peter Anderson, Rachel Dellefield, Robert Dansak, Sarah Bosworth, Solomon Judah, Todd Baker, Wendi Hiller