



YOGA DETOX 30

with TRAVIS ELIOT & LAUREN ECKSTROM

W O R K B O O K

TABLE OF CONTENTS

<i>Welcome</i>	<i>2</i>
<i>Vision Statement</i>	<i>4</i>
<i>Support System</i>	<i>8</i>
<i>Who Will You Be?</i>	<i>10</i>
<i>Psychology of Addiction</i>	<i>13</i>
<i>Toxins</i>	<i>16</i>
<i>Nutrition</i>	<i>18</i>
<i>Working with Difficult Emotions</i>	<i>20</i>
<i>Story of Giving Up Alcohol</i>	<i>23</i>
<i>Self-Compassion</i>	<i>26</i>
<i>Spiritual Bypass</i>	<i>28</i>
<i>Forgiveness</i>	<i>30</i>
<i>Trauma</i>	<i>32</i>
<i>Embracing Imperfection</i>	<i>34</i>
<i>The Importance of Community</i>	<i>36</i>
<i>Thought and Emotion Loop</i>	<i>38</i>
<i>Mindful Eating</i>	<i>40</i>
<i>The Importance of Nature</i>	<i>42</i>
<i>Rest + Sleep</i>	<i>44</i>
<i>Limiting Beliefs</i>	<i>46</i>
<i>Gratitude</i>	<i>48</i>
<i>Know Thyself</i>	<i>50</i>
<i>The Goal of Spiritual Practice</i>	<i>53</i>
<i>Creating Your Reality</i>	<i>55</i>
<i>Humility</i>	<i>57</i>
<i>Unconditional Love</i>	<i>59</i>
<i>Radical Responsibility</i>	<i>61</i>
<i>Generosity</i>	<i>63</i>
<i>The Transition</i>	<i>65</i>
<i>Final Ceremony</i>	<i>67</i>

DAY 1

WELCOME



Write about how you are feeling as you prepare to begin the program. Are you excited? Nervous? What's arising for you? As Abraham Hicks says, "be happy in anticipation of what's coming."

DAY 2

VISION STATEMENT

"The secret of change is to focus all of your energy not on fighting the old, but on building the new."

- Socrates



Today it's time to establish a vision for yourself, to get clear on who you have been and who you are ready to become. This work is powerful and is the key to sustained and lasting change.

- Write about what inspired you to embark on this 30-day commitment. What was the straw that broke the camel's back? Why are you finally ready to give up your addiction? Were there any specific events that led you to this moment?

- Write about the consequences of your addiction. What is lost when you are a prisoner to this habit? What are the consequences to your health, relationships, work, financial standings, etc.?

- Write about what it would be like for you to live free from your addiction. What becomes possible when you no longer live a life caught in this habit? How do your health and energy levels change? How are your relationships impacted? How might your work and finances be impacted when you live beyond this addiction?

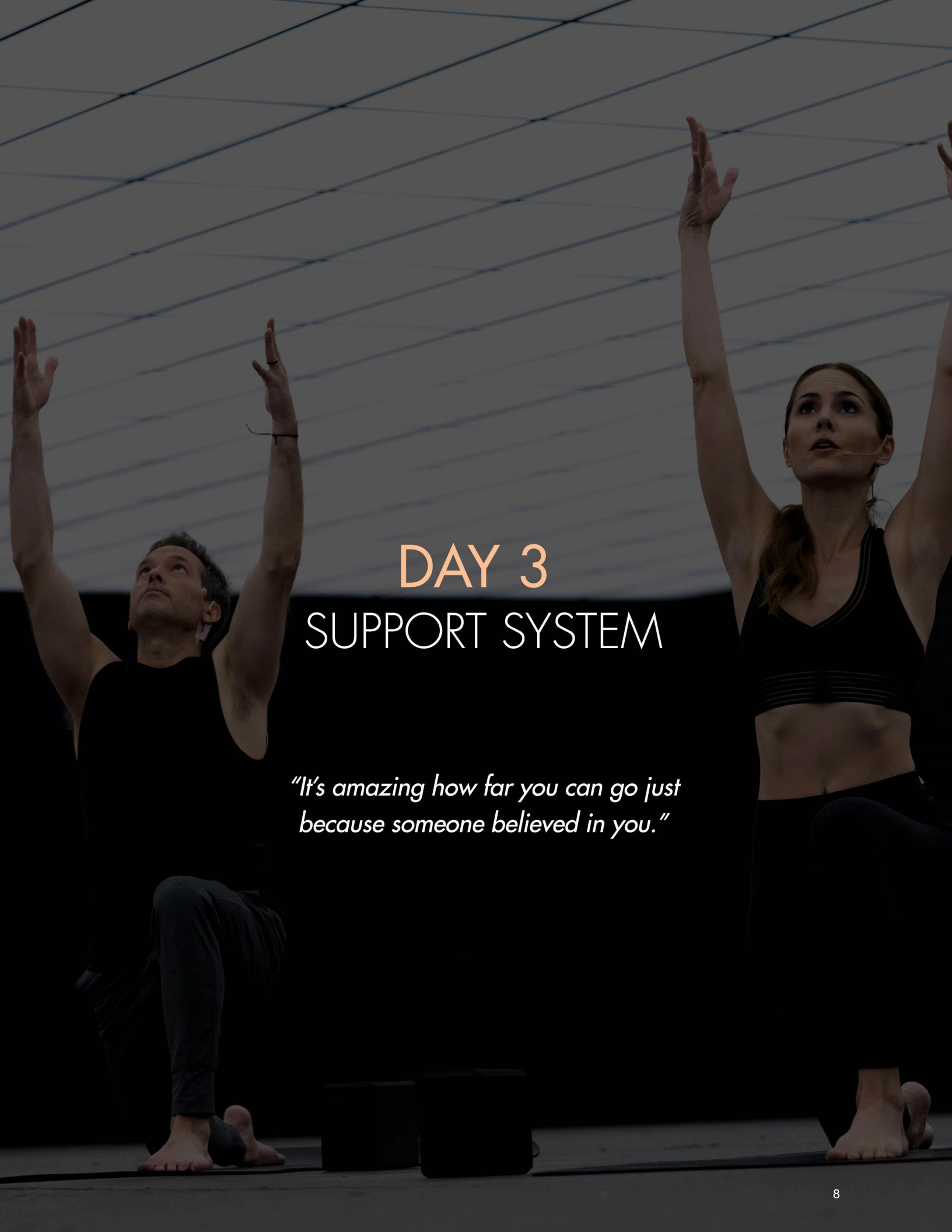
- Create a Vision Statement and Affirmation. Write your vision statement in the present tense. Be as specific as possible. Write your statement in the positive rather than the negative. For example, "I spend my time wisely, engaged with my relationships, hiking in nature and doing yoga" rather than "I do not spend hours scrolling through social media."

Here are several examples to help support you in writing your vision statement.

Every day I wake up feeling healthy, clear and full of vitality. I live with purpose, meaning and immense joy.

I feed my body daily with nourishing, nutritious food. I feed my mind daily with yoga and meditation. I live my values with strength and compassion.

I am moving beyond my struggles and/or addictions with grace, strength and ease. I am physically strong, mentally calm, emotionally balanced and spiritually charged.

A man and a woman are shown from the waist up, performing a yoga pose. They are both wearing black athletic wear. Their arms are raised high, and they are looking upwards. They are positioned in front of a large, dark, geodesic dome structure. The background is a light, overcast sky.

DAY 3

SUPPORT SYSTEM

*"It's amazing how far you can go just
because someone believed in you."*

WRITE OUT A LIST OF RESOURCES. When you feel your commitment slipping, when you feel vulnerable, where will you turn? Make a list of places, people or activities you can turn to when you need additional support.

- Make it public! Share your 30-day commitment with a trusted friend, partner, teacher, mentor or therapist. Sharing your commitment will help strengthen your resolve and deepen your accountability.
- Share your commitment in our private online community.
- Seek additional support if necessary, such as a therapist, healthcare provider or support group.



DAY 4
WHO WILL YOU BE?

*"Take the first step in faith.
You don't have to see the whole staircase.
Just the first step."*

- Dr. Martin Luther King Jr.

The choices you make define who you become. Every action has a reaction. Every cause has an effect. In yoga, this is the law of karma. We have to accept responsibility that where we currently are in life is based off of choices and decisions we have made in the past — and what we do today in the present moment creates a chain of events impacting us far into the future.

Imagining the version of you dominated by addiction and negative habits, what is your reality like? Explore the state of your thoughts, emotions, feelings, physical health, relationships and career.

Who are you 1 year from now? (Version 1)

Who are you 5 years from now? (Version 1)

Who are you 10 years from now? (Version 1)

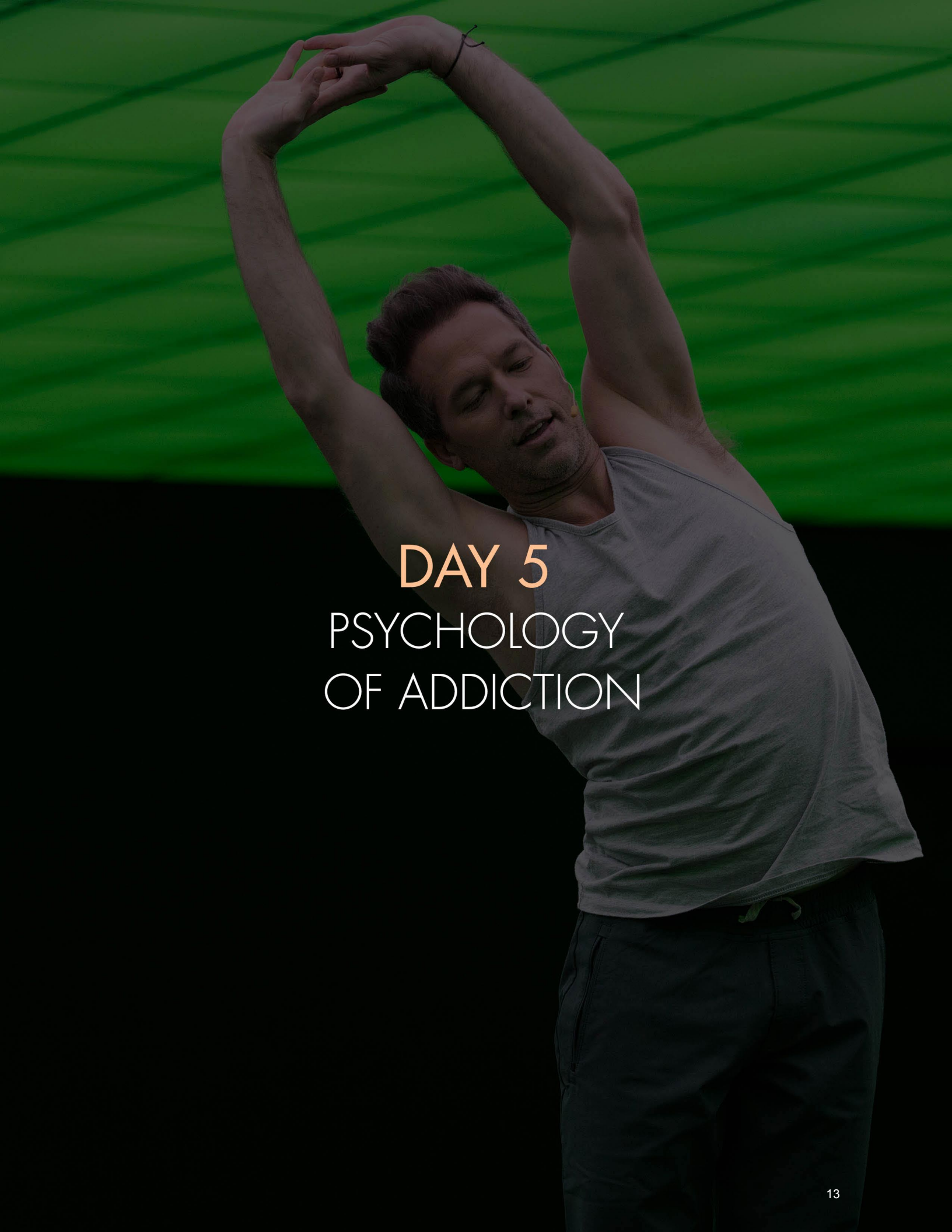
Now, imagine the version of you who is free of your addiction and negative habits — the version that is completely empowered. What is your future reality like? Explore the state of your thoughts, emotions, feelings, physical health, relationships and career.

Who are you 1 year from now? (Version 2)

Who are you 5 years from now? (Version 2)

Who are you 10 years from now? (Version 2)

So, who will you be?! After having done this exercise, hopefully you choose version 2 for yourself. Remember, never underestimate the power of small, simple steps.

A man in a grey tank top and dark pants is stretching his arms above his head, with his hands clasped together. He is leaning back slightly, and his eyes are closed. The background is a solid green color with a subtle pattern of diagonal lines. The text "DAY 5" is written in a bold, orange font, and "PSYCHOLOGY OF ADDICTION" is written in a white, sans-serif font below it.

DAY 5

PSYCHOLOGY OF ADDICTION

If you are interested in lasting change, yoga and meditation alone are not enough. The key to sustained change is community, and this type of journaling work or deep personal inquiry. Remember, addiction is any repeated behavior with rewarding effects despite detrimental consequences which you have tried to release multiple times but failed to refrain from. So today, take a close look at yourself and begin the profound process of healing.

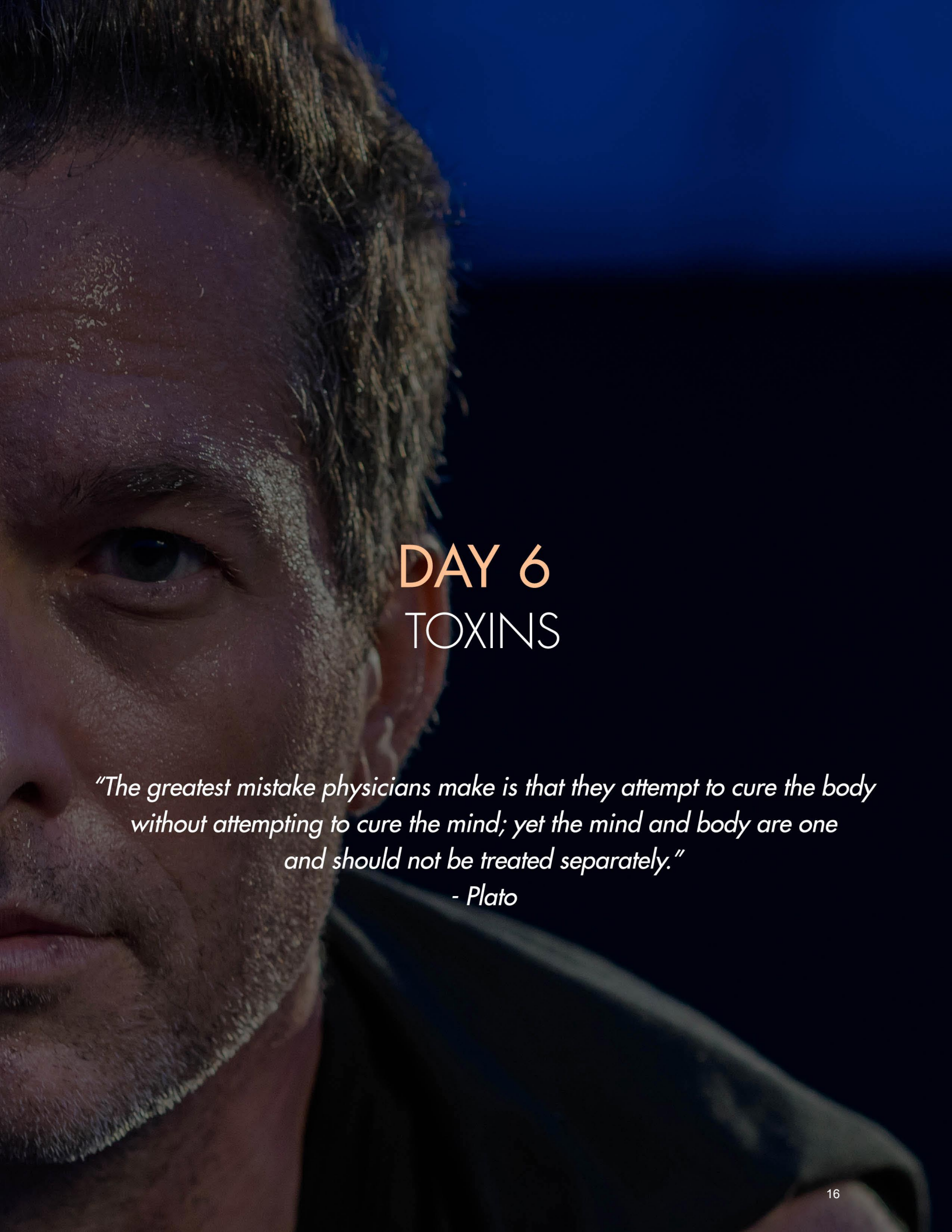
- What rewards do you receive from engaging in your addiction?

- What emotional stress do you get to avoid processing, feeling or experiencing when you receive this reward?

- With this reward system removed, you are now empowered to create new neural pathways in your brain, but it will take time, patience, compassion, commitment and support. Look at your list of resources from Day 3's Support System exercise. Which resource(s) can you replace with your addictive behavior to help mitigate your emotional stress to support you in a positive, healthy way? Which resource(s) do you find most comforting, supportive or "rewarding"?

- Start bringing awareness to when your mind inflicts The Second Arrow and begin practicing the U-turn. Ask yourself the questions: *"What am I really wanting? What's the longing?"*

Begin practicing the U-turn, ask yourself the question, *"What am I really wanting,"* and start to build positive addictions through the resources listed in your Support System.

A close-up, low-key photograph of a man's face, focusing on his eyes and the texture of his skin. The lighting is dramatic, with deep shadows and highlights that emphasize his features. The background is a solid, dark blue.

DAY 6

TOXINS

"The greatest mistake physicians make is that they attempt to cure the body without attempting to cure the mind; yet the mind and body are one and should not be treated separately."

- Plato

Unfortunately, our planet's land, water and air has become highly toxic in many places around the world, thus correlating with the skyrocketing rates of chronic disease. Fortunately, our body is equipped with the mechanisms to rid the body of toxins.

In Ayurveda, the ancient sister science to yoga, the word for toxins is 'ama.' Ama is putrid, undigested food material. Without detoxification, ama accumulates in the body, breaking down the seven tissues of lymph, blood, muscle, fat, bone, nerve and reproductive. This inevitably leads to a state of disease.

From a Western perspective there are three types of toxins.

- 1) **EXOGENOUS (EXTERNAL)**: heavy metals, smog, pesticides, food additives, virus, bacteria, etc.
- 2) **ENDOGENOUS (INTERNAL)**: similar to ama in Ayurveda, these are toxins caused by poor digestion, inefficient metabolism, poor eating habits, wrong food combos
- 3) **EMOTIONAL**: fear, anger, resentment, shame, guilt

The Yoga Detox 30 program is holistic in nature, addressing the various types of toxicity. To maximize the process of detoxification make sure you follow the nutrition program.

In the space below, write how you can decrease your toxic load and steps you can take to maximize your health and vitality.

A close-up photograph of a fresh salad on a white plate. The salad includes halved cherry tomatoes in shades of yellow and orange, sliced radishes with red skin and white interiors, and various green leafy vegetables like lettuce and spinach. The background is slightly blurred, showing a wooden surface and a whole yellow fruit, possibly a lemon or lime, on a white plate.

DAY 7 NUTRITION

*"Exercise is King, nutrition is Queen,
put them together and you have a kingdom."*

- Jack London

Increase your water intake: Over the next 30 days, commit to an increase in hydration. Drink at least one half gallon of clean water per day. Just the simple increase in your water intake will naturally help reduce your intake of caffeinated or sugary drinks, will decrease cravings, and improve your energy.

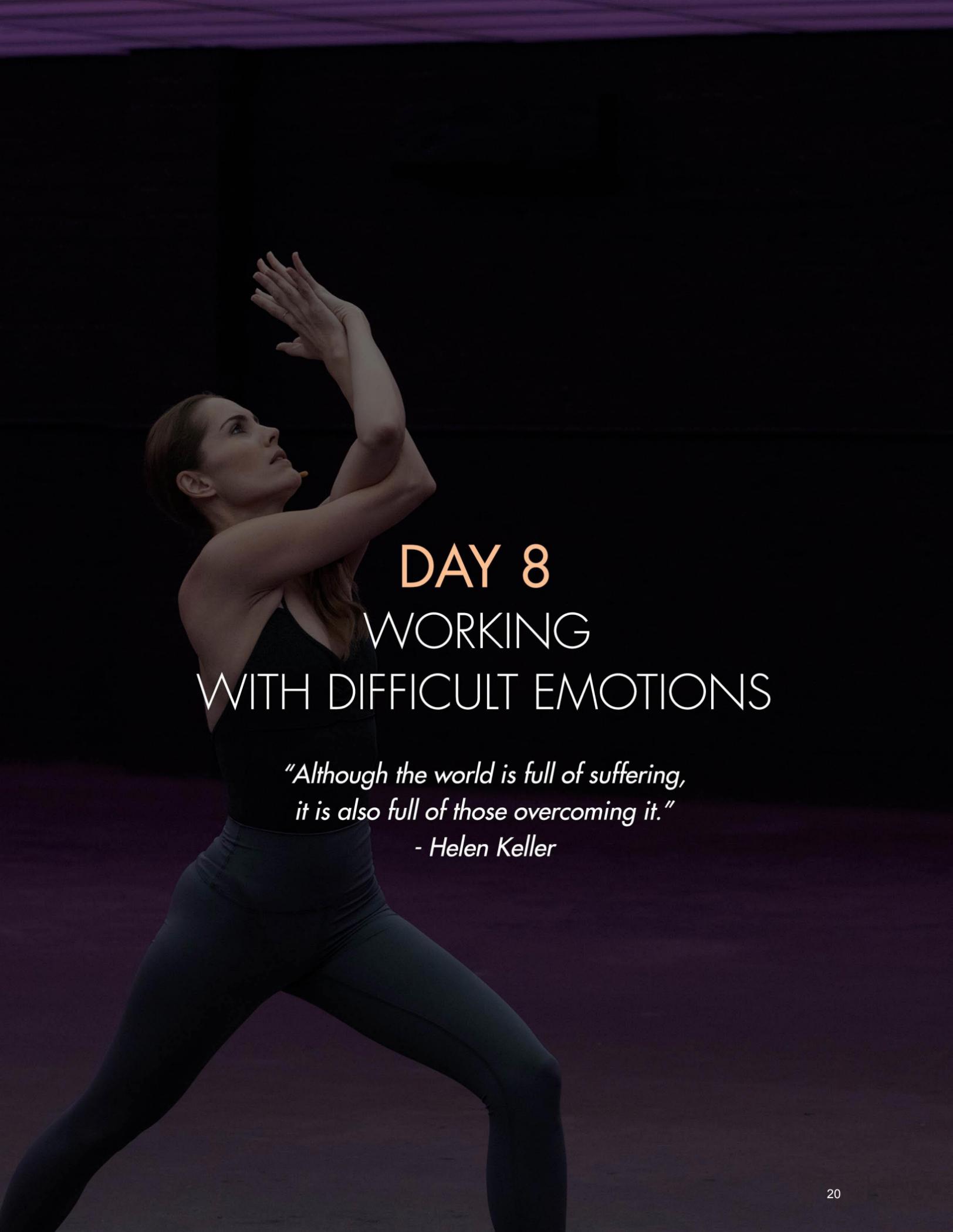
SCALE YOUR NUTRITION PLAN: Week 1, aim to reduce the items we suggested: white sugar, processed foods, caffeine, and animal products. Week 2, eliminate these items and all animal protein (chicken, pork and beef). Week 3, maintain a vegetarian diet. For some, this might mean continuing to eat eggs, fish and some dairy, although we suggested limiting or eliminating dairy all together. Week 4, experiment with a fully plant-based diet.

PLAN AHEAD: Find one day a week to plan your meals for the week ahead. We like to do this on Sunday. Make your meal plan, determine your recipes and ingredients, do a grocery shopping trip, and meal prep ahead of time so that you never find yourself “hang-ry” and suddenly compromising due to a lack of ideas or availability of nutritious options.

MAKE A “FUN” LIST: Make a list of fun foods you can turn to whenever cravings strike. Great options might include fresh dates with nut butter, blended frozen fruit for a quick “sorbet,” or sparkling water in place of alcohol or sugary beverages.

SHARE IDEAS: If you have healthy meal ideas, share them in our private online community! This is a great way to get new ideas and keep meals exciting and fresh!

Remember to have fun experimenting, and share your ideas in our private online community. Get inspired as your energy levels increase, your skin shines and your health improves on every dimension.



DAY 8
WORKING
WITH DIFFICULT EMOTIONS

*"Although the world is full of suffering,
it is also full of those overcoming it."*

- Helen Keller

Part of being human means carrying a vast range of emotions, including difficult ones such as anger, shame and guilt.

R.A.I.N. is a powerful acronym to help you navigate periods of difficult emotions or even move through crisis. Reflect upon a difficult emotion or difficult experience you are currently going through. Write it out in the space below.

If the R.A.I.N. formula is helpful for you, continue to use it when you face future difficult emotions. You will find this powerful technique will help you move through adversity with grace and dignity.

R (RECOGNIZE). When you reflect upon this difficult emotion, what is there? Name the emotions and thoughts. Are there any physical sensations that show up? If so, what are they and where do you feel them in your body? Write your observations below.

A (ALLOW). Notice if there is any resistance to feel what you are feeling. Instead of pushing it away, what would happen if you allowed the difficulties to simply be? What would happen if you gave it space? You can try repeating the phrase, "Let go, let be." When you open and allow them to simply exist, notice any changes. Write your observations below.

I (INVESTIGATE). With compassion and kindness, investigate deeper what is present for you. What might be happening under the initial emotion? How does the hurt or pain need to be addressed? Is there something you can say and repeat? You might imagine a hurt child; what would you say to them? Is there a physical gesture, like placing a hand on the heart, that might be healing and helpful? When you're ready, write your observations below.

N (NATURAL LOVING AWARENESS). At this point, the initial emotion has most likely changed or even passed all together. In many cases, there has been an emotional release and a deeper understanding of what is happening. For the last stage, you rest in your natural loving awareness as if the storm of difficulty has passed, and now you can see things as they really are, no longer clouded by reactive emotions. Take as long as you like to rest in stillness and then share your observations below.

If the R.A.I.N. formula is helpful for you, continue to use it when you face future difficult emotions. You will find this powerful technique will help you move through adversity with grace and dignity.

DAY 9
STORY OF GIVING UP ALCOHOL



Write out your story. In one to two pages share the version of you that was caught up in the addiction and how you arrived at that place in your life. You can re-visit your notes from the Day 2: Vision Statement for support. Treat it as if you're the hero of your story. Write about the obstacles you overcame, what adversity you encountered, and how that shaped you into who you are today. What did you learn from the moments of challenge and difficulty? What wisdom and insights did you gain?

Write the next chapters of your story about who you are becoming and who you will be in the near future.

A man with short brown hair and a light beard is sitting in a lotus position on a dark blue mat. He is wearing a light gray V-neck t-shirt and dark pants. His hands are pressed together in a prayer position (Anjali Mudra) at chest level. He has his eyes closed and a peaceful expression. The background is a dark, solid color.

DAY 10

SELF-COMPASSION

*"You may call God love, you may call God goodness.
But the best name for God is compassion."*

- Meister Eckhart

Self-compassion is not a weakness but an act of wisdom. The ancient Pali word for compassion is karuna. Many of us in the west are dealing with self-hatred that often shows up as the 'inner critic' — always judging and criticizing. It turns out this negative inner voice is coming from a hurt or emotionally wounded part of ourselves, and what it actually needs is the healing medicine of self-compassion. It's often easier for many of us to give compassion to others but not always ourselves. The circle of compassion is incomplete if it doesn't also include us.

In addition to your daily "Yoga Detox 30" affirmation, begin to recite the self-compassion phrase, "May I be happy, May I be healthy, May I be at peace." Sometimes in the beginning it can feel awkward or inauthentic, but continue to stay with it.

In the space below, journal about other ways you can bring more self-compassion into your daily life.

**We highly recommend practicing the Bonus "Loving-Kindness" Meditation today!*



DAY 11

SPIRITUAL BYPASS

"What is to give light must endure burning."
- Victor Frankl

Make a list of the emotions you allow yourself to feel.

Then make a list of the emotions you do not allow yourself to experience. What are you unwilling to feel?

How can you learn to be with these feelings in a safe, supportive way?

What do you gain by avoiding these feelings?

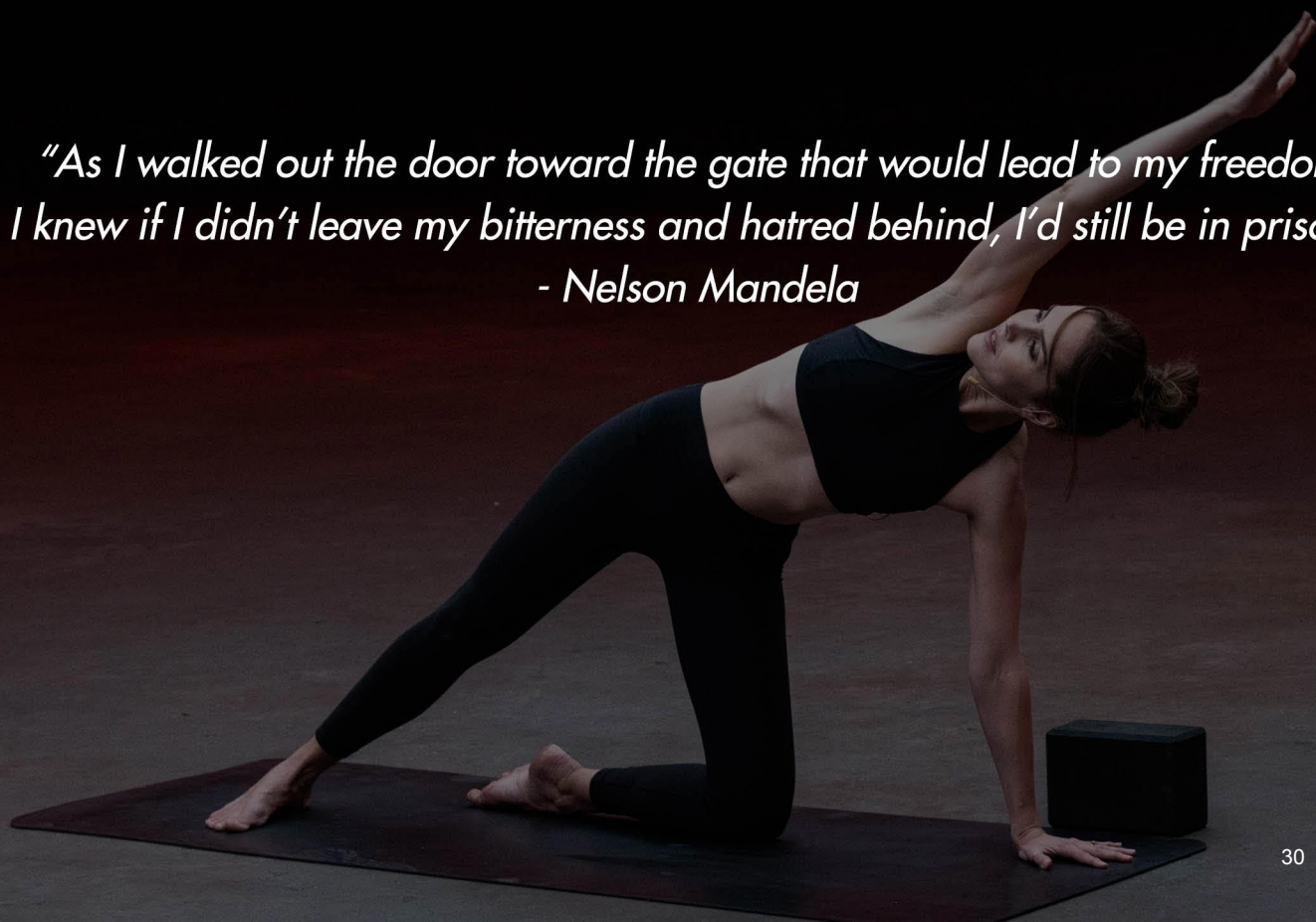
What might you gain by allowing yourself to feel these emotions?

DAY 12

FORGIVENESS

"As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison."

- Nelson Mandela

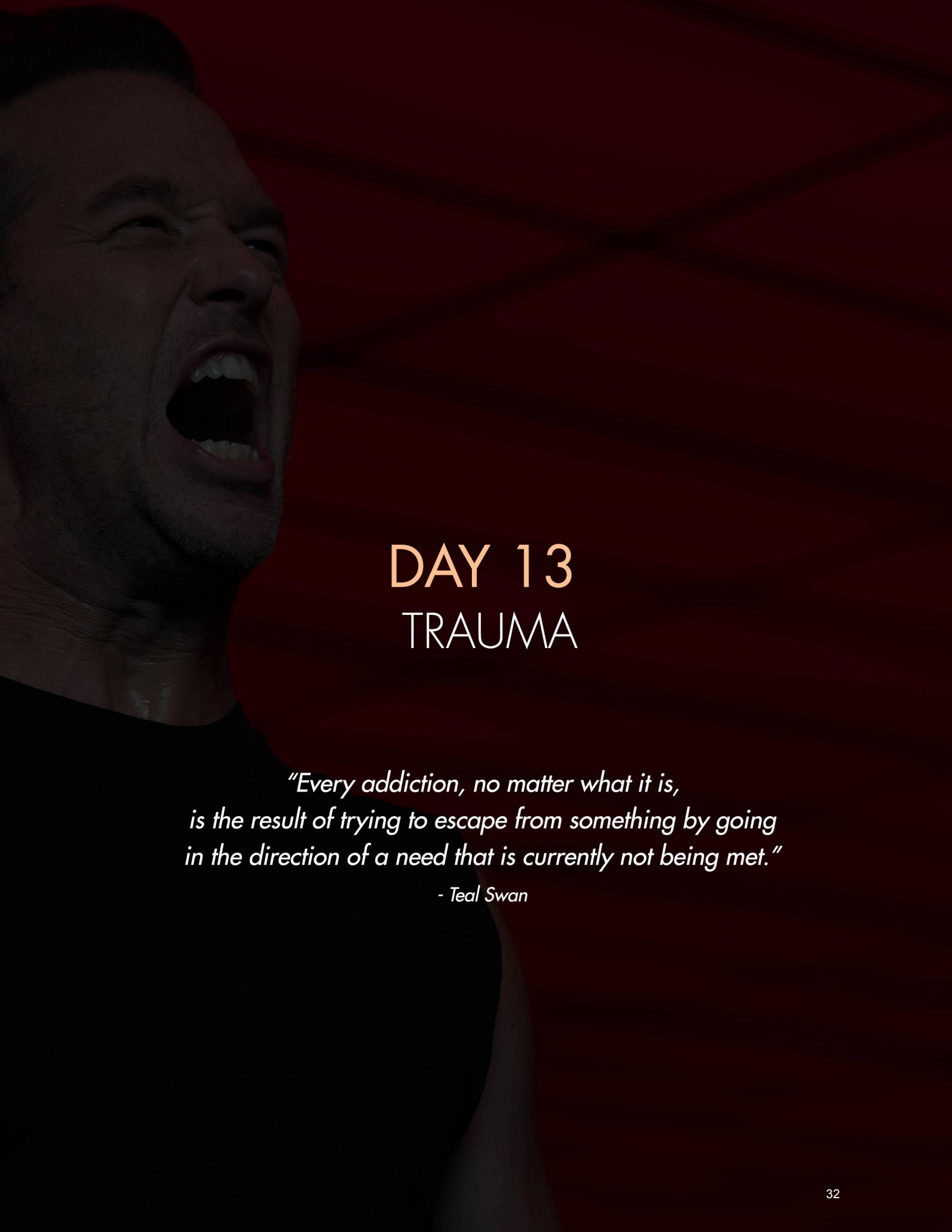


When we hold onto anger and resentment it poisons our mind and body. Forgiveness is the practice of letting go that which no longer serves us in a positive way. It is the ultimate liberation of the heart. Forgiveness doesn't demand us to 'forget,' if we've been wronged or betrayed, but only to 'forgive,' so we can become free of suffering. In some cases, we have been the ones who have knowingly or unknowingly inflicted harm on others and we must learn to forgive ourselves. Either way, forgiveness practice is the ultimate emotional detox!

In the space below journal about areas in your life where forgiveness is needed?

Whether extending forgiveness to another or yourself you might write a private note or letter expressing that you are officially moving on from this past event. Although you could share the letter it's more for you than it is anyone else. When you're done writing the letter, you can burn it in a safe place and declare, "I release myself fully, finding freedom in my heart and peace in my mind." Repeat the phrase as often as you like.

**We highly recommend practicing the Bonus "Forgiveness" Meditation today!*



DAY 13

TRAUMA

*"Every addiction, no matter what it is,
is the result of trying to escape from something by going
in the direction of a need that is currently not being met."*

- Teal Swan

Today's work comprehensively includes The Psychology of Addiction, Spiritual Bypass, and everything we have covered up until this point. In order to heal, you must first believe that healing is possible and remember that the body wants to heal. This is the real work. Answer these questions today from a space of compassion, patience and tremendous love for yourself.

Have you experienced trauma in your life? Which trauma(s) are big T trauma and which are little t trauma?

What helps you to process trauma? Do you have a friend, therapist or practice you can turn to?

The next time you experience any kind of trauma, no matter how small, take time to process it with a trusted friend or support system, by journaling and/or by moving your body through a practice such as yoga. Remember, this is key to your overall health so that you don't spiritually bypass the events of your life and of our world.

Remember, if you need additional support we highly recommend connecting with a teacher, mentor, health professional or licensed therapist. Additional support from a licensed

A woman with long brown hair, wearing a black sports top, is shown in profile with her right arm raised. The background is dark and moody. The text is overlaid on the image.

DAY 14

EMBRACING IMPERFECTION

*"Don't turn away. Keep your gaze on the bandaged place.
That's where the light enters you."*

- Rumi

Many of us put up a false facade of perfection, denying and hiding our weaknesses and vulnerabilities. But often our greatest strengths are found in our most tender places. When we learn to embrace our imperfections we truly heal and become whole — and when we find wholeness, we no longer fall into the addiction trap of trying to fill the inner void with harmful things.

In the space below, write out your imperfections, weaknesses and vulnerabilities.

How can you embrace these imperfections like the Navajo rugs or Japanese pottery mentioned in the video?

How can you find wholeness by meeting your vulnerabilities with greater love and compassion?

DAY 15

THE IMPORTANCE OF COMMUNITY



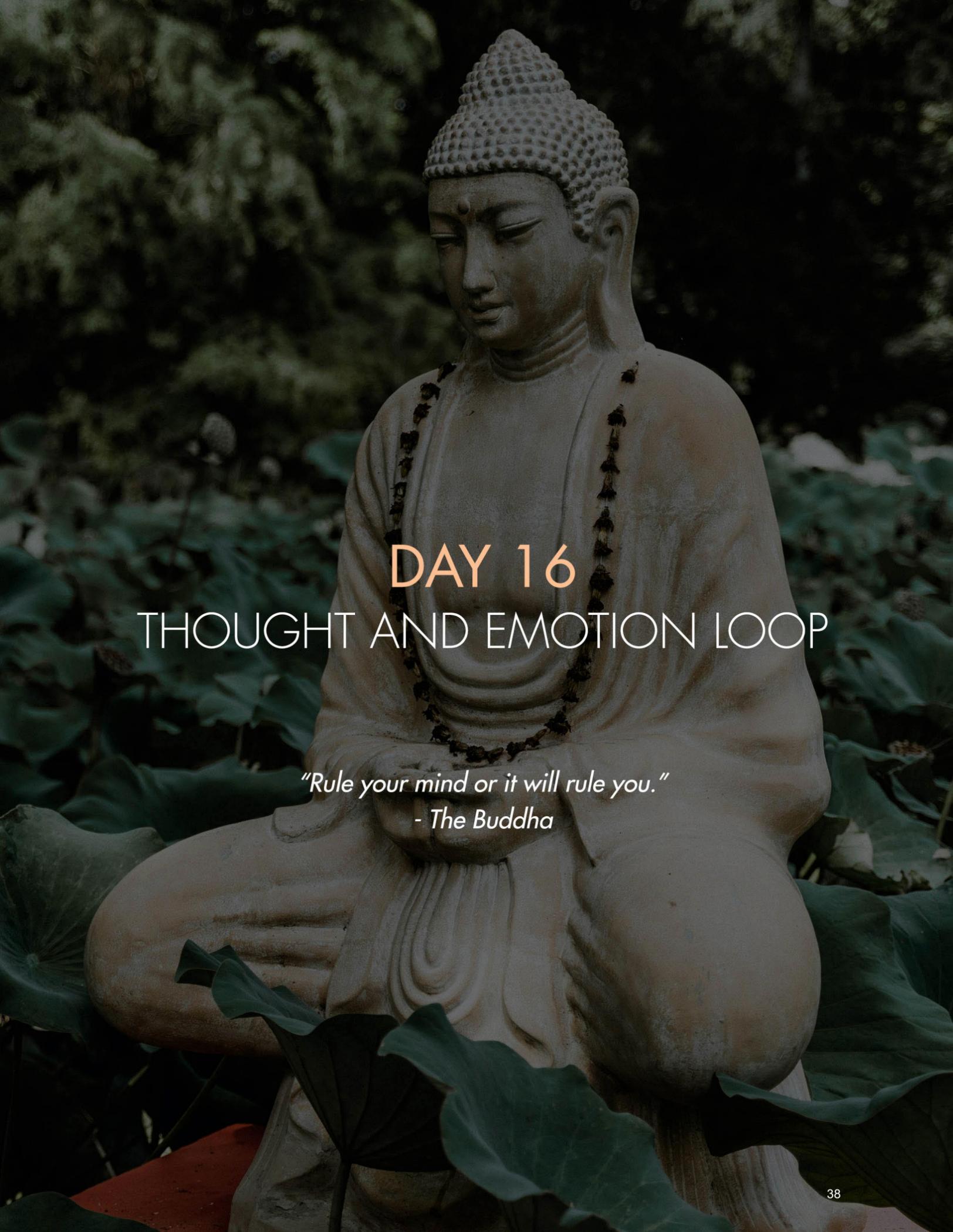
Where do you derive your greatest experience of community? At what places or during what interactions do you feel the most supported, seen and connected?

Write about the ways community has supported your healing and how you've supported someone else's healing by being part of community.

How can you increase your experience of community in your life?

This week find at least one way to contribute or get involved with your community. This might be online through a discussion, share with a group or class, or one-on-one by spending time in a deep-listening conversation with a friend or person in your community.

Remember the saying, "Community is a series of small choices."



DAY 16

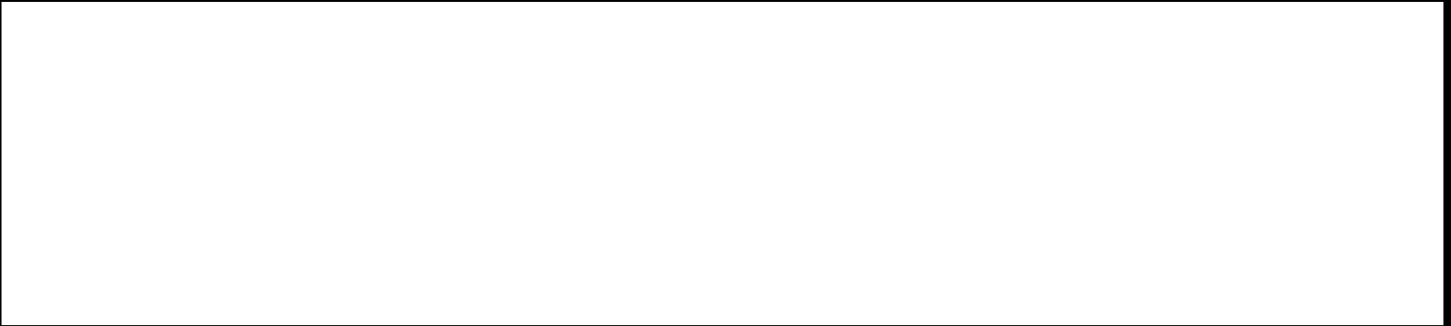
THOUGHT AND EMOTION LOOP

"Rule your mind or it will rule you."
- The Buddha

Your mind can be your greatest supporter or your biggest destroyer. Your thoughts feed your emotions and your emotions feed your thoughts. This creates a loop that either victimizes or empowers you. Mastering this loop is the key to mastering your life.

When you think a thought it turns on a set of circuits in the brain. This creates a holographic image in the pre-frontal cortex region that reinforces who you think you are. Then, in the hypothalamus, which is the chemical and emotional area of the brain, this activates neurotransmitters which influences neuropeptides. A neural chemical signal moves down the spine and travels to hormonal centers and produces an emotion. The brain monitors what you're feeling emotionally and produces more thoughts in alignment with how you're feeling. This is the loop we get stuck in.

What are your most common thoughts and feeling loops? Write them in the space below.



For the negative thought and emotion loops that are bringing you down, how can you reframe them into the positive? Write them in the space below.



Along with your daily "Yoga Detox 30" affirmation begin to use these new positive thought and emotion loops as affirmations in your life. Also, be aware of when negative thought and emotion loops might show up in the yoga classes during practice.



DAY 17

MINDFUL EATING

*"When you bow you should just bow.
When you sit you should just sit.
When you eat you should just eat."
- Suzuki*

In Zen they teach that everything we do in life is part of the practice, even the way we eat. When you eat mindfully you connect your brain to your gut, which is now called the “second brain.” This way of eating helps you digest your food better, prevents GI problems, increases healthy food choices, and gives you a more memorable experience of your life as a whole.

- For the duration of the program choose ONE meal per day to enjoy mindfully. You might choose a meal that’s easy for you to enjoy alone, or invite your household to join you in this activity. Sit in silence - no talking, music, news, phones, computers or other distractions, and focus fully on your meal. Mindfully attend to the act of bringing the utensil to your mouth, ingesting the food, chewing and swallowing, the scents and sounds both of your food, and your environment.
- Journal about your experiences of mindful eating at the end of each week. What have you noticed about meals you enjoy mindfully? How are they different? How are your experiences of mindful meals different? Are you aware that you are full sooner? Write about any subtle or obvious differences you are noticing, and over the coming weeks notice how they evolve.



Watch your urge to avoid or discount this assignment. It can be as simple as having a mindful cup of tea for several minutes each day. It does not have to be time consuming and will be powerful if you commit to it.



DAY 18

THE IMPORTANCE OF NATURE

*"Nature is painting for us, day after day,
pictures of infinite beauty."*

- John Ruskin

When we spend quality time in nature it awakens a deeper dimension within us, helping us transcend the small self for the big SELF. The greatest spiritual masters throughout history took time to retreat from the city to get quiet and still the mind. Very often the beauty and magnificence of nature is taken for granted, but when we experience it deeply we can gain profound insights.

Take some time today, or as soon as possible, to find a quiet place in nature. In the space below share your thoughts from your experience. Also, journal about ways you can continue to spend more quality time in nature.

DAY 19

REST + SLEEP



In addition to food, water, breathing and exercise, Dr. Deepak Chopra teaches that sleep is one of the most important things for your health. A lack of sleep will leave you feeling vulnerable, susceptible to returning to your habit or behavior, less emotionally resilient, and more likely to make poor choices. As you care for yourself during these 30 days, give yourself the additional gift of exploring what it might mean to your overall well-being to improve the quality of your sleep and rest.

PUT YOURSELF ON A REGULAR SCHEDULE. Try to go to bed at the same time every night and wake up at the same time every morning to get the recommended 6.5 - 7.5 hours of sleep. If you're used to sleeping more than 7.5 hours per night, try waking up earlier and adding a 20- to 40-minute nap into your day. Anything longer than a 40-minute nap may disrupt your sleep at night, so aim to stay in this suggested window for your nap.

ONE HOUR BEFORE BED, PUT ALL ELECTRONIC DEVICES AWAY. Take time to read, take a bath, or otherwise care for yourself away from the disruptions that electronic devices and light can cause to a good night's sleep.

RECOMMIT TO YOUR DAILY YOGA PRACTICE. Research has shown that daily exercise leads to improved sleep. Make sure to practice at least a few hours before bed so that you don't rev yourself up before your evening ritual.

START THE SLEEP WELL AUDIO MEDITATION SERIES. Do one practice per night before bed or while in bed to help you soften into a restful night's sleep.



DAY 20

LIMITING BELIEFS

"People become really quite remarkable when they start thinking that they can do things. When they believe in themselves, they have the first secret of success."

- Dr. Norman Vincent Pale

Our biggest obstacle to achieving our goals doesn't exist outside of us, it exists inside of us through the form of 'limiting beliefs.' By overcoming your limiting beliefs you step into your true power and become a role model for others.

In the space below, write out your most common limiting beliefs.

What are some words or phrases you say that affirm your limiting beliefs?

In what ways have your limiting beliefs kept you stuck in your negative addiction?

Write how you can transform those limiting beliefs into empowering beliefs. Think about certain affirmations you could repeat in order to reinforce these new beliefs.

A silhouette of a person standing on a large rock with their arms raised in a 'V' shape, set against a sunset sky. The person is wearing a long-sleeved shirt and pants. The rock is dark and textured. The sky transitions from a deep blue at the top to a warm orange and pink near the horizon.

DAY 21 GRATITUDE

*"Stress is caused by being here but wanting to be there, or,
being in the present but wanting to be in the future."*

- Eckhart Tolle

In a research study it was shown that people who practiced keeping a gratitude journal for 30 days were 25% happier than those who didn't. So for the next 30 days, keep a gratitude journal.

Write five new things you are grateful for every single day. Don't just make the list. Write about WHY you are grateful for each person or experience that makes it on your list. Do this for 30 days.

As you feel inspired to do so, share in our private online community about your gratitude practice and how it's impacting your life and your ability to remain committed to the program.

ADDITIONAL PRACTICE: We highly recommend that you also practice the bonus Gratitude meditation to help accompany you in this work.





DAY 22
KNOW THYSELF

"To know thyself is the beginning of wisdom."
- Socrates

The Oracle at Delphi famously says, "Know thyself." Eventually we as humans contemplate the age old question, "Who am I?" From a yoga perspective we are made of six dimensions.

THE SIX DIMENSIONS

PHYSICAL BODY

(cells, tissues, organ, systems and the entire body)

ENERGETIC BODY

(electromagnetic energy, breath, prana and chi)

MIND

(home of thoughts in the brain)

HEART

(home of emotions in the heart)

AWARENESS/CONSCIOUSNESS

(higher self, the witness, or the one who knows)

SOUL


(source, essence, Christ consciousness, Buddha nature)

The Ego/Identity is composed of the physical body, energetic body, mind and heart.

Yoga practice is about transcending the Ego with the deeper understanding of our true nature. Many of our individual and collective problems are due to being caught in the cage of the ego, which creates separation and suffering.

In the space below, journal about which dimensions you are strong in and which dimensions need to be activated. Reflect upon practices and ways you can be strong and balanced in all six dimensions so you are firing on all cylinders!

**We highly recommend practicing the Bonus "Six Dimensions" Meditation today!*



DAY 23

THE GOAL OF SPIRITUAL PRACTICE

*"Perfectionism is the voice of the oppressor, the enemy of the people.
It will keep you cramped and insane your whole life."*

- Anne Lamott

Your job is not to become a perfect version of yourself but to become your whole self.

Spiritual practice is not about avoiding the part of yourself and life you find difficult to be with, but learning to embrace them with love.

- **Practice** the STOP Meditation the next time you face a challenging, reactive or otherwise destructive habitual moment. Stop. Take a Breath. Observe. Proceed. You can do this practice in a matter of moments. By pausing, you will help awaken to your highest potential and the next best word, thought or action to take that is in alignment with your Vision Statement and highest values of who you most want to be.
- Repeat the mantra, *"May this serve awakening"* each time you are asked to sit with a setback, disappointment, or perceived failure, as you practice recognizing this as an opportunity to deepen your practice.
- **Celebrate!** Can you find the joy in having the opportunity to practice? Learn to see these moments as opportunities rather than setbacks. Learn to practice embracing your humanity as the goal of spiritual practice.

Remember, everything you encounter in life is an opportunity for you to grow and expand. Continue to use the mantra, *"May this serve to awaken"* throughout the day and you will find that all of life is spiritual practice.



DAY 24

CREATING YOUR REALITY

"Do not let the hero in your soul perish in lonely frustration for the life you deserved and have never been able to reach. The world you desire can be won. It exists. It is real. It is possible. It is yours."

- Ayn Rand

One of the biggest gifts of being human is that you are empowered to create your reality — you have freedom of choice. Your choices are kind of like planting seeds in a garden. When you plant an apple seed, you get an apple tree — not a lemon tree or something else. Similarly, when you plant seeds of positivity, you grow a garden of positivity in your life.

- The first step is examining your garden and being truthful with yourself as to where you have failed. In the space below, journal about what parts of yourself you have neglected. What choices in your past have you made that brought you where you are today? Why is the garden of your reality the way it is?

- What steps will you take to start doing the dirty work of pulling out the weeds of your life's garden? How will you transform your weaknesses into strengths?

- Share how you will plant new seeds and implement new choices to create the garden of your reality. Be specific about 'when' you will take action. Break down your goals into small, simple steps to make it attainable.

Revisit your "Vision Statement" on **DAY 2** and make any adjustments about who you will be 1/5/10 years from now!

** We highly recommend practicing the Bonus "Amazing Day" Meditation as often as you can as part of your morning routine!*

DAY 25

HUMILITY

*"Humility isn't about denying your strengths.
It's about being honest about your weaknesses."*

- Rick Warren



You've come a long way! And you deserve to celebrate all you have accomplished so far! Along the way it is also important to remember the power of the Zen Beginner's Mind. At some point in time you may need to ask for help again, so the practice of humility will keep you in a state of deep listening, connection and openness for all that is ahead.

- **Consider all of the relationships in your life:** friendships, family and maybe co-workers. Is there a particular relationship that challenges you? The next time you interact with this person call on the value of humility. Rather than trying to change their behavior or perspective, can you simply listen? Understand that deep listening is often the first step toward equanimity.

As Abraham Lincoln said, "I don't like that man. I must get to know him better." Humility is a pathway toward yoga or connection. Practice the WAIT meditation in these moments. Internally ask yourself the question before you speak, "Why am I talking"? Your next word or action should arise from a centered place of awareness rooted in the intention not to cause harm, but to facilitate connection, compassion and healing.

- **In what area of your life can you learn to ask for help?** We are frequently quicker to offer to lend a hand than to ask for a hand. Learning to ask for support is a practice of humility and sometimes the key to maintaining recovery.



DAY 26

UNCONDITIONAL LOVE

"Let love radiate from you like light from a bonfire."
- The Vedas

Love is like the glue connecting all things in the universe. We are born from love. Neuroscience shows love is a necessity. Without it, lives and societies suffer greatly. Although love is often celebrated in music and romantic movies, true unconditional love is the kind that gives without expecting anything back in return. When you act from unconditional love, all your actions become a blessing to others.

As you move throughout your day, especially when moving through difficult situations, ask yourself, "What would love have me do?"

Write out in the space below how you can show up in your life in the spirit of unconditional love. (Remember to include yourself!)

DAY 27
RADICAL RESPONSIBILITY



Blame puts other people in charge of your happiness and the trajectory of your life. Accepting responsibility empowers you to create your own. While it might not be your fault, it is your responsibility. Today it's time to practice taking radical responsibility.

- Where and when can you take radical responsibility in your life?

- In what situations or in which relationships do you have a tendency to fall into blame or victimhood?

- What does it look like when you take radical responsibility from this point forward?

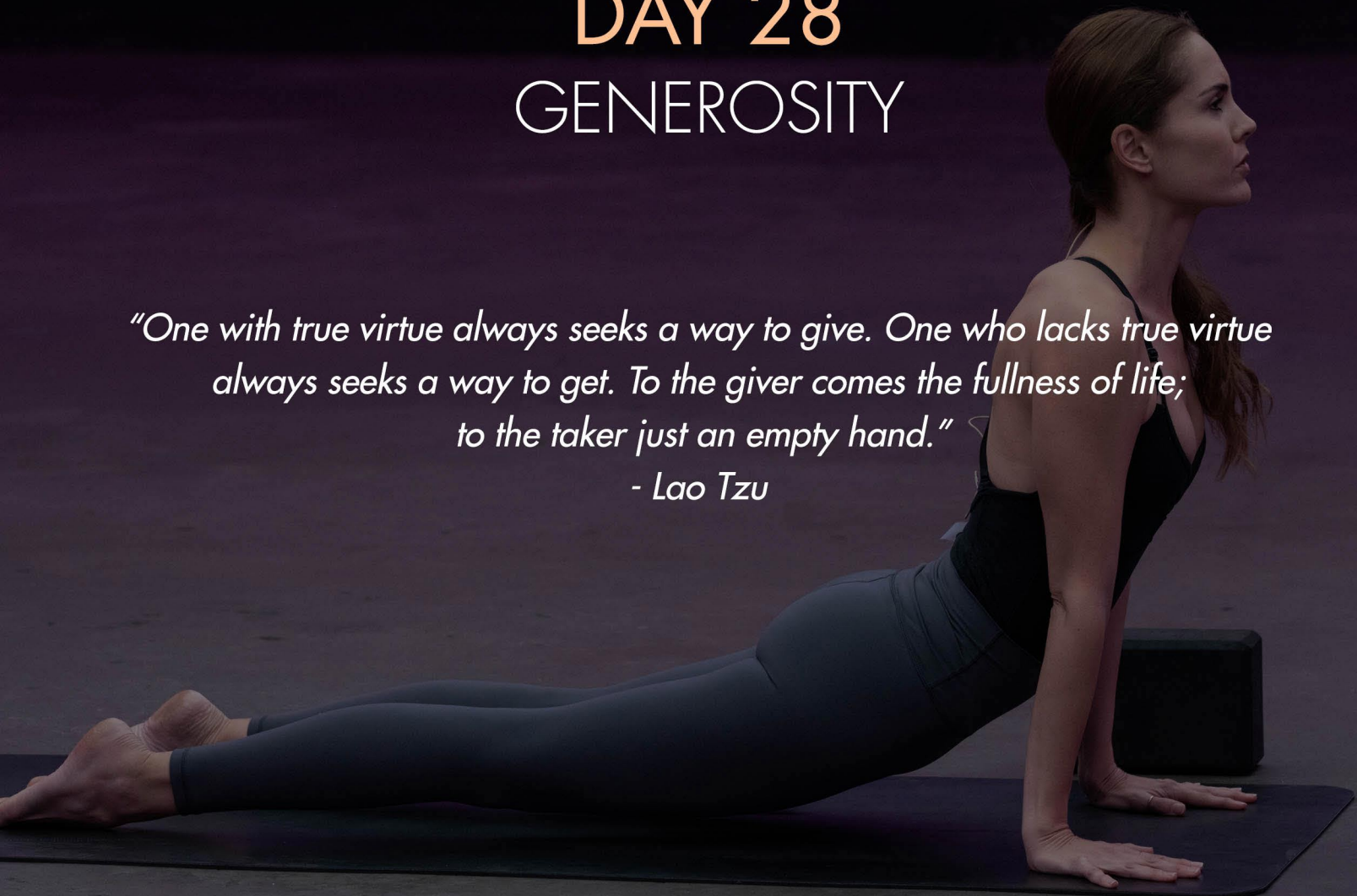
This is a practice that should continue beyond Yoga Detox 30. It is the key to freedom and the practice that lifts you out of victimhood and into being the sole author to the ending of your story.

DAY 28

GENEROSITY

"One with true virtue always seeks a way to give. One who lacks true virtue always seeks a way to get. To the giver comes the fullness of life; to the taker just an empty hand."

- Lao Tzu



Many of the wisdom traditions teach that there is a direct correlation between our generosity and our joy. When we take the attention off of ourselves and focus on the welfare of another, something magical begins to happen. Our hearts open up and we become less entangled with our selfish ego. Whether we donate money to a charity, help someone less fortunate than ourselves, or give a loved one the gift of our full attention, generosity benefits both the giver and the receiver.

Journal below about ways you have successfully been generous and also ways you can improve.

A man and a woman are shown in a lunge pose on a dark mat. The man is on the left, wearing a black tank top and dark pants, with his arms raised high. The woman is on the right, wearing a black sports bra and leggings, also with her arms raised high. They are both looking forward. The background is a dark, textured wall.

DAY 29

THE TRANSITION

*"If you do what you've always done,
you'll get what you've always gotten."*

- Tony Robbins

You have an opportunity to transition out of Yoga Detox 30 in a powerful, inspiring and mindful way. This will be a transition unlike any other you have ever navigated in your life. Now is the time to pause and consider carefully what your next steps will be, and how you want the rest of your life to unfold.

- **CREATE A NEW RESOURCE LIST.** During the course of this 30-day program you probably learned more about who and what supports you in your vulnerable moments, and which activities you find most rewarding. Create an updated resources list for yourself that you can turn to as you transition out of this chapter, and into the next chapter of your life.
- **WRITE YOUR NEW VISION STATEMENT.** What is your vision for yourself and for your life from this point forward? Once this program comes to an end, how do you intend to forge ahead? Turn to your journal and write your new vision statement.
- **SHARE YOUR NEW VISION STATEMENT** with your trusted friend or loved one, the same person you shared with at the start of this journey. This will once again create outward accountability as you uphold this vision as you transition.
- Lastly, **SHARE YOUR NEW VISION STATEMENT** in our private online community to further help hold yourself accountable.

A man and a woman are sitting in a meditative pose on a dark floor. The man is on the left, wearing a black tank top and grey pants, with his hands in a prayer position. The woman is on the right, wearing a black sports bra and leggings, also with her hands in a prayer position. A single yellow candle is lit on the floor between them. The background is dark and minimalist.

DAY 30

FINAL CEREMONY

CONGRATULATIONS on making it to the end of this 30-day Yoga Detox program. We recognize the significance of completing this journey that involves tremendous work both physically and emotionally. As we come to an end we'd like to invite you to reflect upon your final thoughts.

- Reflect on how your journey has impacted you on a physical level.
- Reflect on how your journey has impacted you on a mental level.
- Reflect on how your journey has impacted you on an emotional level.
- Reflect on how your journey has impacted you on a spiritual level.

Thank you for your practice. We look forward to crossing paths in the near future.

With love,

Travis and Lauren

