

# PY108

*WITH TRAVIS ELIOT*



THE PY108 DIGITAL BOOKLET

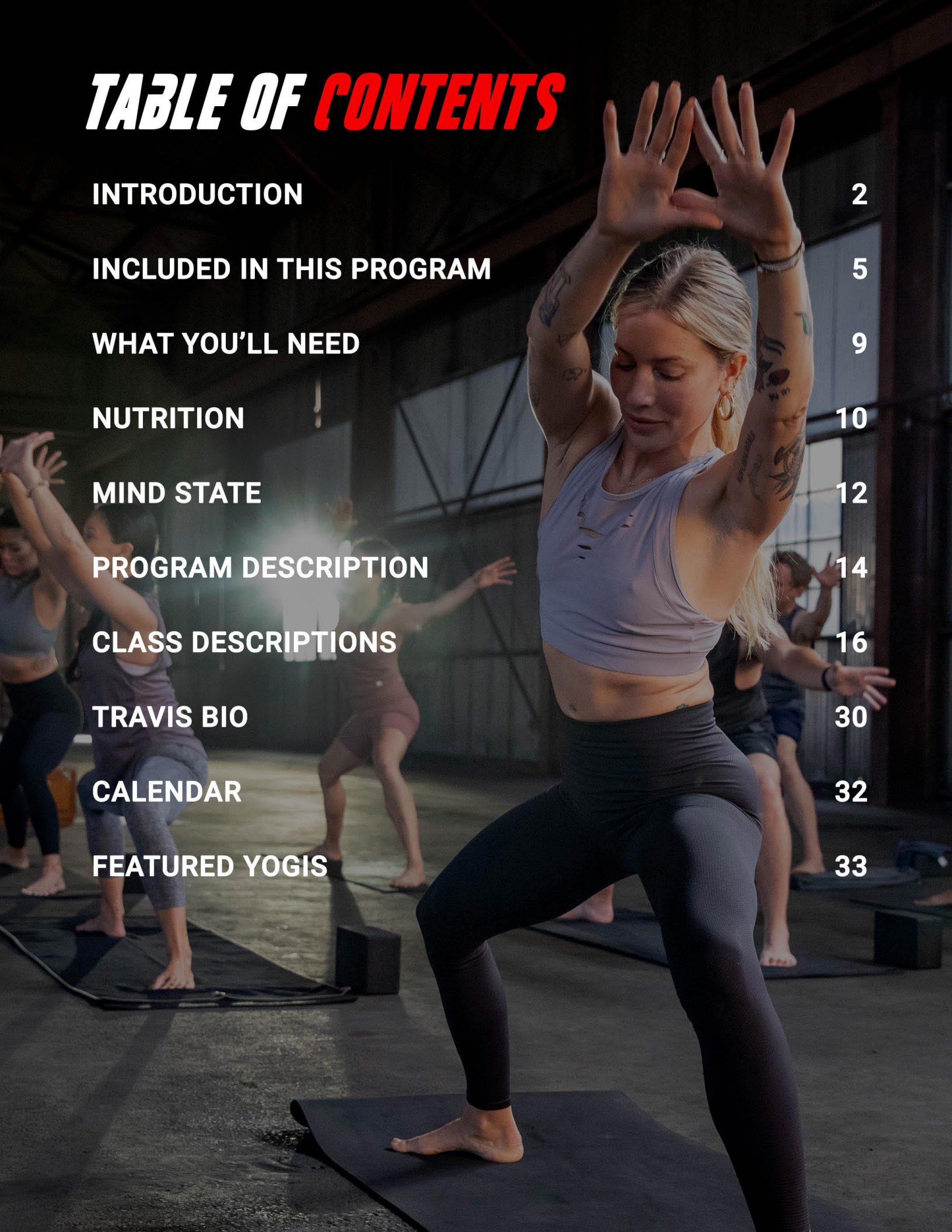


INNERDIMENSION<sup>TV</sup>



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# *INTRODUCTION*

Welcome to Power Yoga 108! My name is **Travis Eliot** and I am a yoga and meditation teacher, and author. After a near-death experience in Kauai and witnessing the Thailand tsunami of 2004, I dedicated my life to teaching yoga and meditation across the planet. I've taught thousands of classes, both in person and online, to people all around the world. One thing I hear over and over is how life changing the practices are!

I've created PY108 as a 108-day power yoga program that is perfect for intermediate students. Although the classes can be very challenging, the poses are accessible to a wide range of students.

Now the reason we call it power yoga is because this practice is meant to "emPOWER" you. Regardless of external situations you are empowered to be in control of your body and mind. Most people are a victim to what's going on around them but we weren't meant to live that way. We were meant to grow, evolve, transform and awaken from this inner power so we can fulfill our deepest potential.



# ***INTRODUCTION***

But in order to unleash this power we have to train — and we have to train hard, almost like a Jedi or an Olympic gold medalist.

So, for the next 108 days we will be meeting every day on your yoga mat to train — and by the end of the 108 you will be on a whole other level physically, mentally and emotionally!

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 PY108 IS POWERFUL?***

PY108 addresses "The 4 Pillars of Fitness" which includes strength, balance, flexibility and stamina. We will be combining the best of athleticism with meditation. When you mix athleticism with ancient wisdom you become unstoppable!





# PY108

WITH TRAVIS ELIOT

## A 108-DAY POWER YOGA PROGRAM

### WHAT'S INCLUDED?

- 11 Thematic Yoga Practices (Power, Yin, and Gentle)
- Welcome Introduction Video
- 108 Day Program Calendar
- Day 36/72/108 Check In Videos
- Digital Booklet
- Access to Private Facebook Community
- Stream onto Favorite Device

### DETAILED OVERVIEW

PY 108 is a 108 Day Yoga Program that will...

- Increase Strength
- Improve Muscle Tone
- Enhance Flexibility
- Promote Fat Loss
- Decrease Stress



**ALSO INCLUDED**  
**BONUS HARDCORE CLASS**  
**BONUS 'ROCKET POWER' CLASSES**

## POWER YOGA - YIN YOGA - GENTLE YOGA - MEDITATION



CROSS TRAIN



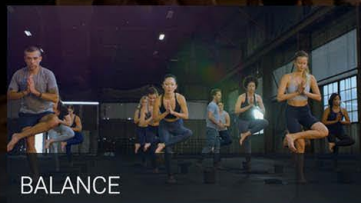
CARDIO



STRENGTH



FLEXIBILITY



BALANCE



DETOX



VITALITY



YIN



PRANAYAMA + MEDITATION



GENTLE



MT POSE SERIES



108 SUN SALUTATIONS



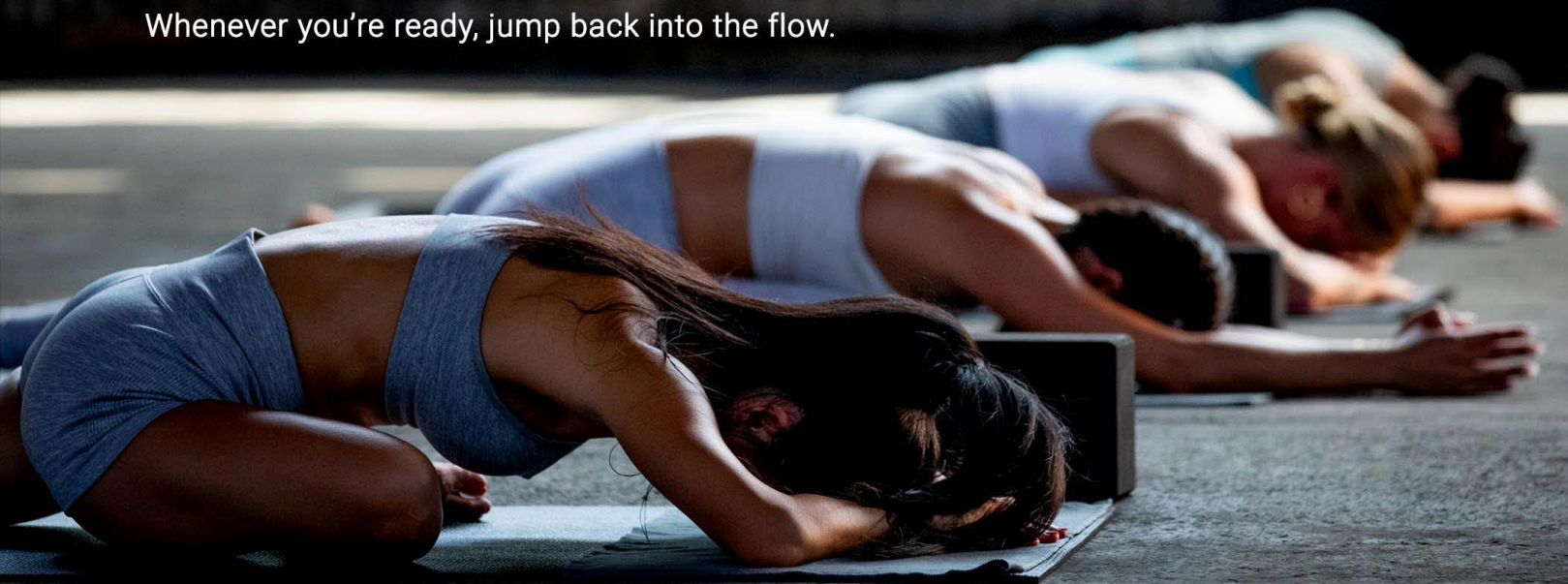
# ***INCLUDED IN THIS PROGRAM***

Most of the classes are very strong but we've also added some relaxing chill practices like Yin, Gentle, Mt. Pose, Meditation and Pranayama which are just as important as the power classes. Make sure you don't skip these as they have been strategically placed within the schedule.

If possible, I highly recommend doing the bonus hardCORE practice when you see it show up on the calendar. This class will strengthen your abdominals and bring definition to your stomach. A lot of people like to do it first before doing the hour-long class but feel free to do what works for you and your schedule.

In the classes, I do my best to offer variations and pose modifications. Keep in mind that the perfect yoga pose is the one you do to your perfect degree. My job is to place you in the pose safely; your job is find your sweet spot.

If you ever feel overwhelmed take "Child's Pose" and focus on smooth, steady breathing. Whenever you're ready, jump back into the flow.





# ***INCLUDED IN THIS PROGRAM***

Sometimes people ask, "Is this program enough or do I need to supplement it with other exercise?" I've designed it to be one-stop shopping, again providing you with strength, balance, flexibility and cardio. Everyone is different, but I recommend sticking to the program and seeing how your body responds for your first time through the rotation. When you have a rest day like yin, gentle or Mt. Pose I also suggest you don't load those days with a marathon run or weight workout. Your body grows stronger and becomes more resilient in a state of rest.

I also understand a lot can come up over a 108-day period. In the event something unexpected arises 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 and that's all good. If you end up missing several days then you probably want to start from the beginning. You can reset your program progress on the website.





# ***INCLUDED IN THIS PROGRAM***

Also, I've also created three (30 min.) classes I call "Rocket Power." You can use any of these as an emergency replacement. In the event your day gets away from you but you still have 30 minutes then just flow to one of these classes to keep the momentum going.



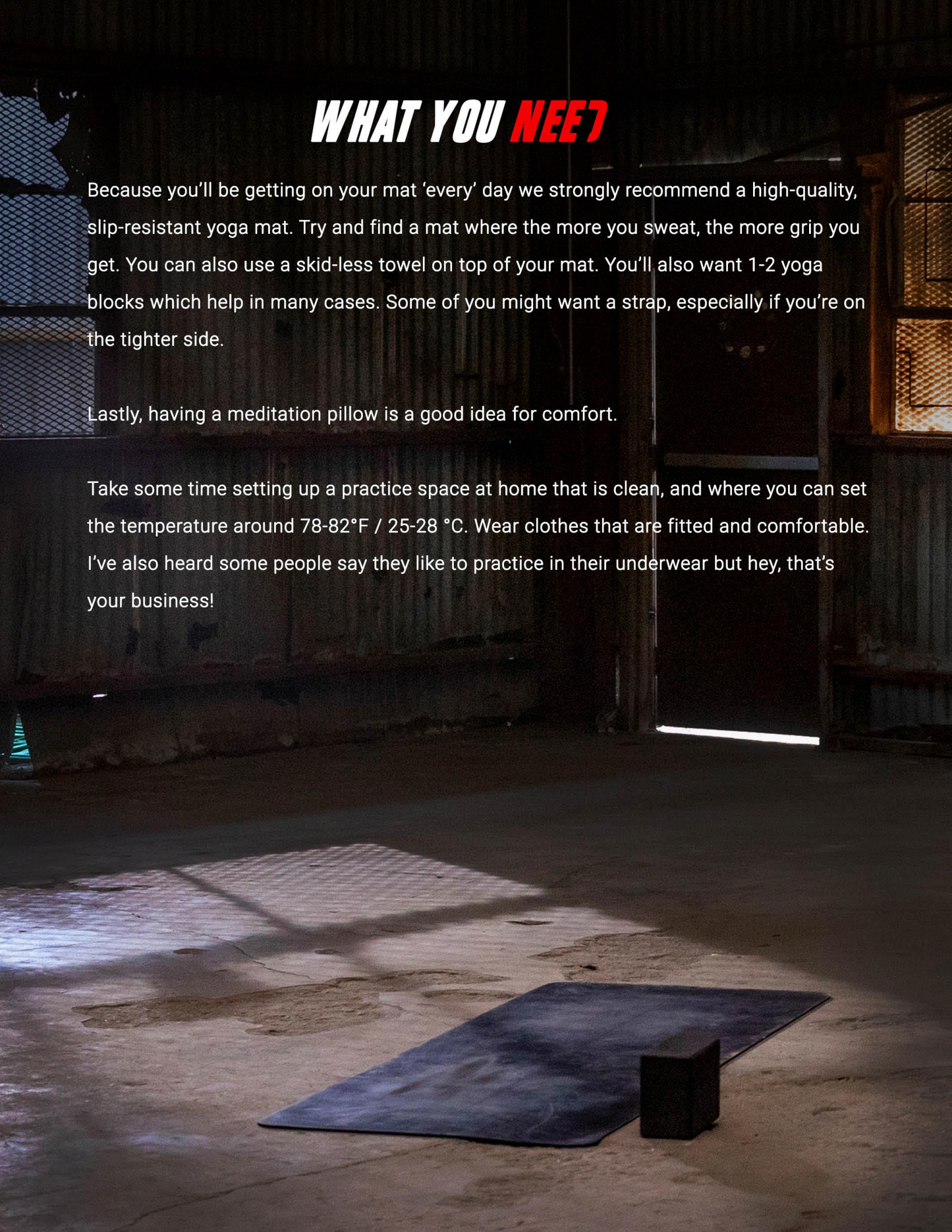


# ***WHAT YOU NEED***

Because you'll be getting on your mat 'every' day we strongly recommend a high-quality, slip-resistant yoga mat. Try and find a mat where the more you sweat, the more grip you get. You can also use a skid-less towel on top of your mat. You'll also want 1-2 yoga blocks which help in many cases. 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. Wear clothes that are fitted and comfortable. I've also heard some people say they like to practice in their underwear but hey, that's your business!





# **PY108 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 edges of the grocery store and avoid the middle aisles. Also, I recommend cutting out all alcohol and sticking to no more than (1) moderate serving of caffeine a day.

If you're someone who is interested in fat loss then you have to burn more calories than you are consuming. This is called being in a caloric deficit. This is beyond the scope of this program but if you are interested, I highly recommend connecting with a qualified nutritionist or Registered Dietitian.



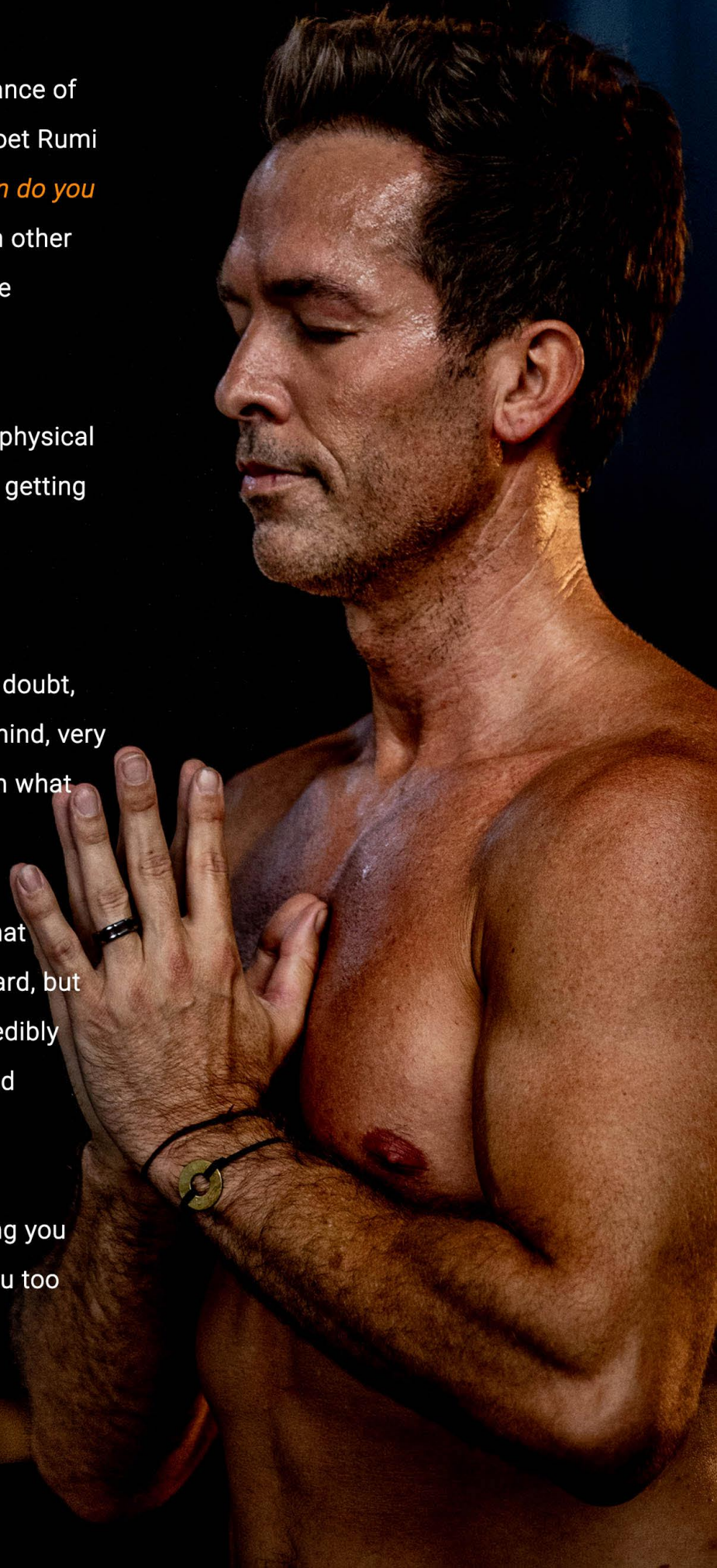
Lastly, I want to address the importance of your mind state for PY108. As the poet Rumi inquired, *"When you go to the garden do you look at the flowers or the thorns?"* In other words does your mind search out the negative or seek out the positive?

Life is all about perspective. And as physical as this program is, it's equally about getting your mind right.

At times, this program will be very challenging — you might experience doubt, frustration and resistance. Keep in mind, very often what you want is different than what you need.

So trust the process and embrace that transformation can be messy and hard, but when you persevere you will be incredibly proud of how much you've grown and accomplished.

And I'll be right there with you guiding you through — hopefully I didn't scare you too much — you got this!





All right, that's it  
— let's get started with the first class — **Power Yoga** "Cross Train."

Keep showing up, stay empowered,  
thank you for your practice  
...see YOU on the mat!





A group of people in a fitness studio performing a workout. In the foreground, a woman with blonde hair in a braid, wearing a light blue crop top and dark leggings, has her arms raised. Behind her, a man and other participants are also in a similar pose. The background is dark and industrial.

***PROGRAM***  
***DESCRIPTION***



# A 108-DAY YOGA PROGRAM TO EMPOWER YOU

**PY108** (Power Yoga 108) is a transformative online power yoga program invoking strength, flexibility and calmness. This 108-day journey is perfect for people ready for a life-changing experience -- all from the comfort of their home. Each day be prepared to 'sweat with soul' for approximately 60 minutes.

Throughout the program, world-renowned instructor, Travis Eliot, will inspire you as you move through power yoga, core work, yin yoga, meditation, breath work and daily wisdom as a way to awaken your fullest potential.

In addition to the yoga classes, this program also includes nutrition tips, a digital calendar, a digital booklet, access to a private online community, and exclusive bonus practices!







# ***POWER YOGA*** ***CROSS TRAIN***

In this flow we will work on what I call "The 4 Pillars of Fitness," — strength, stamina, balance and flexibility. Cross Train will touch every muscle and joint in the body the yogic way, with calmness and piercing focus.

*"When there is harmony between the mind,  
heart and resolution then nothing is impossible."*

**-Rig Veda**



# **POWER YOGA** *CARDIO*

Fasten your seatbelts for this one because the roller coaster ride is about to begin. This class builds and builds until you are drenched in sweat. This sequence is specially-designed to enhance both the cardiovascular and respiratory systems.



*"Only those who risk going too far, can possibly  
find out how far one will go."*

*-T.S. Eliot*



# **POWER YOGA** **STRENGTH**

In this class you will strengthen every major muscle group and your mental equanimity. But as challenging as this class can be, remember to modify and take breaks. Ultimately we are looking for the strength of 'self-restraint,' which means honoring your wisdom and not your ego.

As you move through the program your body will adapt to the challenges by creating greater lean body muscle mass and stripping away excess stored fat.

*"Sweat more in training, bleed less in war."*

*-Spartan credo*



# **POWER YOGA** **ΠΕΤΟΛ**

One of the greatest enemies to health is toxicity — physical, mental and emotional toxins. In this practice be ready to flow, sweat and wring the body out like a sponge.

*"I saw the angel in the marble  
and carved until I set him free."*

*-Michelangelo*



# ***POWER YOGA*** ***VITALITY***

The greater your energy, the greater your life experience. This class is all about increasing your prana (life force) by moving through a series of backbends and creative movements. After this class is done you'll be ready for whatever is coming your way!


*"Let love radiate from you like light from a bonfire."*

*-The Vedas*



# **POWER YOGA** *BALANCE*

This might be the most confronting but important class in the program. This class will challenge your ego as you explore the limits of your balance capacity. Approach the class with a joyful attitude and you'll have an amazing time!



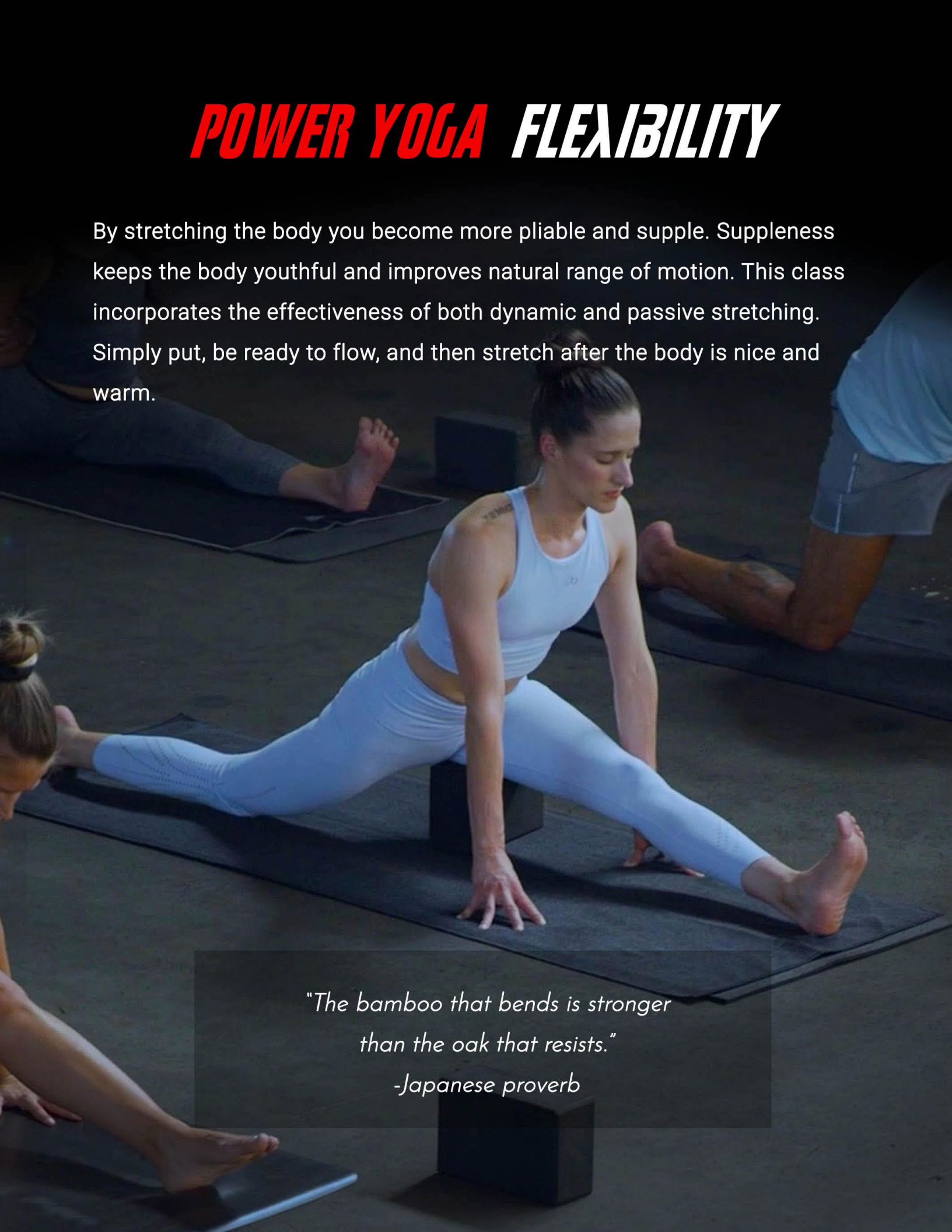
*"Our greatest glory is not in never falling,  
but in rising each time we fall."*

*-Confucius*



# **POWER YOGA** FLEXIBILITY

By stretching the body you become more pliable and supple. Suppleness keeps the body youthful and improves natural range of motion. This class incorporates the effectiveness of both dynamic and passive stretching. Simply put, be ready to flow, and then stretch after the body is nice and warm.



*"The bamboo that bends is stronger  
than the oak that resists."*

*-Japanese proverb*



# GENTLE **YOGA**

Because this program is predominantly power yoga-based this class is very important. It's a form of active recovery. Gentle yoga allows your muscles the time to heal and repair whilst guiding you into a deep, relaxed state.



*"I have just 3 things to teach: simplicity, patience, and compassion. These are your greatest treasures."*

*-Lao Tzu*



# YIN YOGA

This class is like the 'fountain of youth.' If you never done yin yoga before you are in for a treat although for some people it can be more difficult than the power yoga classes. In this practice we will hold floor stretches for about 3-5 minutes as way to bring health to the deeper connective tissues of the body. The benefits of this class are like a deep tissue massage and will decrease tension and restore nervous system balance. If you approach the class with presence and openness, it will take you to a whole new level.




*"Only when you can be extremely pliable  
and soft can you be extremely hard and strong."*

-Zen proverb



# *MT POSE SERIES*

This powerful standing series is like a yoga version of Tai Chi. Passed down for hundreds of years through the Krishnamacharya lineage, each movement is repeated slowly three times. This sequence will gently stretch every major muscle in the body and align the seven energy centers along the spine.

A group of people are practicing a standing yoga pose in a studio. They are standing with their feet together, arms raised, and hands clasped above their heads. The studio has a dark floor and walls, with some light coming from windows on the right side. The people are wearing athletic wear, including leggings and tank tops. The overall atmosphere is calm and focused.

*"Give me a place to stand,  
and I shall move the world."*

*-Archimedes*



# HARDCORE

Along with clean eating, this class will help you develop a lean, toned muscular mid-section. Typically we will be doing it three times a week. A strong core is the foundation to having an overall strong body. Not only does it look great but it's very beneficial to the spine and the solar plexus energy center.



*"Only those who devote themselves to a cause with their whole strength and soul can be masters. For this reason, mastery demands all of a person."*

*-Albert Einstein*



# **PRANAYAMA** + MEDITATION

All the physical yoga is in preparation for this practice. We could even say this is where the real yoga begins. Yoga breathing (pranayama) and meditation are the key components to ever-lasting transformation on a deep level. Be prepared to master your breath, your mind, and therefore your life.



*"Make my mind my friend."*

*-Samurai saying*





## ***TRAVIS ELIOT* BIO**

After surviving a near-death experience in Kauai and another during the Thailand tsunami of 2004, Travis Eliot dedicated his life to spreading the teachings of yoga and meditation. Travis is a world-renowned yoga and meditation teacher and author. He teaches his signature Holistic Yoga Flow classes in Los Angeles and in workshops, festivals and sold-out retreats around the world. His style is intensely dynamic and has inspired many of today's top athletes, celebrities, and entertainers.

Most recently Travis has become passionate about spreading yoga and meditation inside maximum security prisons. This work has proven to bring light to the darkest of places.



# TRAVIS ELIOT **BIO**

He is the co-founder of Inner Dimension TV, a high-quality yoga and meditation streaming platform, and is the creator of groundbreaking programs *Level Up 108*, *Yoga Detox 30*, *The Ultimate Yogi*, *Flexibility & Beyond*, and *Yoga 30 for 30*. He is the author of *Journey Into Yin Yoga*, co-author of *Holistic Yoga Flow: The Path of Practice*, director of Holistic Yoga Flow teacher trainings, and a faculty member of the prestigious Kripalu Institute and 1440 Multiversity.

A highly-certified yoga and meditation instructor, Travis has been featured in *Yoga Journal*, *Yoga Magazine*, *LA YOGA Ayurveda and Health*, *Mantra magazine*, *Om Yoga magazine*, *Conscious Lifestyle*, *Asana Journal*, *Self*, *Fitness Trainer*, *Access Hollywood*, and *The Huffington Post*.



For the latest information please visit [traviseliot.com](http://traviseliot.com)





# PY 108

WITH TRAVIS ELIOT

DAY	YOGA	BONUS
1	CROSS TRAIN	HardCORE
2	CARDIO	
3	STRENGTH	HardCORE
4	YIN	
5	DETOX	HardCORE
6	VITALITY	
7	MT. POSE SERIES	PRANAYAMA + MEDITATION

DAY	YOGA	BONUS
37	BALANCE	HardCORE
38	STRENGTH	
39	FLEXIBILITY	HardCORE
40	GENTLE	
41	DETOX	HardCORE
42	CARDIO	
43	MT. POSE SERIES	PRANAYAMA + MEDITATION

DAY	YOGA	BONUS
73	CROSS TRAIN	HardCORE
74	STRENGTH	
75	BALANCE	HardCORE
76	YIN	
77	CARDIO	HardCORE
78	VITALITY	
79	MT. POSE SERIES	PRANAYAMA + MEDITATION

DAY	YOGA	BONUS
8	CROSS TRAIN	HardCORE
9	CARDIO	
10	STRENGTH	HardCORE
11	YIN	
12	DETOX	HardCORE
13	VITALITY	
14	MT. POSE SERIES	PRANAYAMA + MEDITATION

DAY	YOGA	BONUS
44	BALANCE	HardCORE
45	STRENGTH	
46	FLEXIBILITY	HardCORE
47	GENTLE	
48	DETOX	HardCORE
49	CARDIO	
50	MT. POSE SERIES	PRANAYAMA + MEDITATION

DAY	YOGA	BONUS
80	CROSS TRAIN	HardCORE
81	STRENGTH	
82	BALANCE	HardCORE
83	YIN	
84	CARDIO	HardCORE
85	VITALITY	
86	MT. POSE SERIES	PRANAYAMA + MEDITATION

DAY	YOGA	BONUS
15	CROSS TRAIN	HardCORE
16	CARDIO	
17	STRENGTH	HardCORE
18	YIN	
19	DETOX	HardCORE
20	VITALITY	
21	MT. POSE SERIES	PRANAYAMA + MEDITATION

DAY	YOGA	BONUS
51	BALANCE	HardCORE
52	STRENGTH	
53	FLEXIBILITY	HardCORE
54	GENTLE	
55	DETOX	HardCORE
56	CARDIO	
57	MT. POSE SERIES	PRANAYAMA + MEDITATION

DAY	YOGA	BONUS
87	CROSS TRAIN	HardCORE
88	STRENGTH	
89	BALANCE	HardCORE
90	YIN	
91	CARDIO	HardCORE
92	VITALITY	
93	MT. POSE SERIES	PRANAYAMA + MEDITATION

DAY	YOGA	BONUS
22	CROSS TRAIN	HardCORE
23	CARDIO	
24	STRENGTH	HardCORE
25	YIN	
26	DETOX	HardCORE
27	VITALITY	
28	MT. POSE SERIES	PRANAYAMA + MEDITATION

DAY	YOGA	BONUS
58	BALANCE	HardCORE
59	STRENGTH	
60	FLEXIBILITY	HardCORE
61	GENTLE	
62	DETOX	HardCORE
63	CARDIO	
64	MT. POSE SERIES	PRANAYAMA + MEDITATION

DAY	YOGA	BONUS
94	CROSS TRAIN	HardCORE
95	STRENGTH	
96	BALANCE	HardCORE
97	YIN	
98	CARDIO	HardCORE
99	VITALITY	
100	MT. POSE SERIES	PRANAYAMA + MEDITATION

DAY	YOGA	BONUS
29	CROSS TRAIN	HardCORE
30	CARDIO	
31	STRENGTH	HardCORE
32	DETOX	
33	MT. POSE SERIES	PRANAYAMA + MEDITATION
34	GENTLE	HardCORE
35	YIN	

DAY	YOGA	BONUS
65	BALANCE	HardCORE
66	STRENGTH	
67	FLEXIBILITY	HardCORE
68	DETOX	
69	MT. POSE SERIES	PRANAYAMA + MEDITATION
70	GENTLE	HardCORE
71	YIN	

DAY	YOGA	BONUS
101	CROSS TRAIN	HardCORE
102	STRENGTH	
103	BALANCE	HardCORE
104	CARDIO	HardCORE
105	FLEXIBILITY	HardCORE
106	DETOX	
107	GENTLE	PRANAYAMA + MEDITATION

36 36 SUN SALUTATIONS! PRANAYAMA + MEDITATION

72 72 SUN SALUTATIONS! PRANAYAMA + MEDITATION

108 108 SUN SALUTATIONS!



# FEATURED **YOGIS**

Alberto Mizuno

Ayani Herrera

Brittany Lynne

Charles Jacques

Chris Magee

Christine Turrentine

Denise Antoine

Erin Ward

Giorgia Vanni

Hana Cha

Jeremy Brook

Jessica Lucatorto

Jill Moore

Lara Estrada

Lynda Ingram

Megan Dietz

Meiko Mizuno

Mychal Prieto

Nate Moore

Rachel Dellefield

Rachel Hirsch

Reagan Clark

Sarah Bosworth

Solomon Judah

Stuart Cramer

Todd Baker





# CREW

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Created by  
Travis Eliot

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Minji Cho

Producer  
Kelby Joseph

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KKO Productions

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Ryan Richko

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Cam Operator  
Toly Ivanov

Assistant Camera  
Brian Gutierrez

Assistant Camera Operator  
Denis Rudchenko

Gaffer  
David Klassen

Key Grip  
Evan Cox

Grip  
Dmitry Labzin

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Anton Nikolay Chernonog

Electric  
Anthony Yamamoto

Swing/PA  
Allen Dee

Production Assistant  
Izzy Rayas

Jib/Crane Tech  
Ara Thomas

Behind The Scenes  
Anderson Ballantyne

Grip Truck  
Grainy Days Productions

Sound  
Glenn Clark

Makeup Artist & Hairstylist  
Netsuki Blackwelder

Still Photographer  
Patricia Peña

