

PY108 Digital Booklet

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.

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.

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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!

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What does this program include?

Included in this Program

11 Thematic Yoga practices including power, yin and gentle yoga
Meditation + Pranayama class
BONUS hardCORE practice
Three (30 min.) “Rocket Power” yoga classes
**Available February 2022*
Check-In Videos on Days 36, 72, and 108
Digital booklet
Digital 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, more flexible and more empowered within your mind state.

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.

Sometimes people ask, "Is this program enough or do I need to supplement it with other exercise?" I've designed it 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.

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.

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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!

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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.

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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!

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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!

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Program Description

PY108

- 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!

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Class Descriptions

Power Yoga “Cross Train”

“When there is harmony between the mind, heart and resolution then nothing is impossible.”

-Rig Veda

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.

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Power Yoga “Cardio”

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

-T.S. Eliot

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.

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Power Yoga “Strength”

“Sweat more in training, bleed less in war.”

-Spartan credo

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.

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Power Yoga “Detox”

“I saw the angel in the marble and carved until I set him free.”

-Michelangelo

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.

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Power Yoga “Vitality”

“Let love radiate from you like light from a bonfire.”

-The Vedas

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!

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Power Yoga “Balance”

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

-Confucius

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!

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Power Yoga “Flexibility”

“The bamboo that bends is stronger than the oak that resists.”

-Japanese proverb

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.

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Gentle Yoga

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

-Lao Tzu

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.

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Yin Yoga

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

-Zen proverb

This class is like the 'fountain of youth.' If you have 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.

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HardCORE

"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

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.

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Pranayama + Meditation

"Make my mind my friend."

-Samurai saying

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.

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Mt Pose Series

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

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.

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Power Yoga 36/72/108 Sun Salutations

Day 36 Check-In:

Hey guys, I wanted to take a quick moment to applaud you for making it to the first milestone of Power Yoga 108. These first few weeks can be a steep learning curve for people but you persisted through the soreness, fatigue and maybe even the doubt. But the fact that you're still here proves you aren't a quitter — YOU ARE A YOGA WARRIOR! Already, you are seeing the benefits of the program — improved muscle tone, decreased fat, greater flexibility, less stress, better sleep and overall well-being. And the good news is, this is just the beginning. Today, we will be doing "36 Sun Salutations" to celebrate — on some level this will feel like 'cake walk' compared to the other classes — so look at it like a form of active recovery and enjoy. The other students and me will be right there with you. All right, let's get started.

Day 72 Check-In:

Well, well, well — look who made it to the day 72 milestone! It's pretty hard to believe we are well past the halfway point. From my experience, the last phase of the program flies by. It's like you've gone up the mountain and

now you're flying down it! By this point, you are a whole different person than when you started — physically, mentally, emotionally and soulfully. For this last phase see if you can bring a “Zen Beginner's Mind” to the classes. Approach each class — each pose — as if it's the first time you've done it. A mind that is full of expectations has no room for new possibilities, but for a mind that is empty — possibilities are unlimited. Today, we will be doing “72 Sun Salutations.” Get lost in the repetition of the movement and let's celebrate how far you've come. All right, here we go!

Day 108 Check-In:

What can I say? You did it, we did it! Words can't even describe how proud I am that you made it to the end of the program. I recognize the journey has been long, intense and arduous at times but that's how real lasting transformation works. When I set out to create this program I wanted to make it for people who wanted to achieve their optimal state of health — for people that no longer wanted to settle for the status quo of dragging themselves through life — for people who knew they could reach another level of existence — for people who were ready to be fully empowered — empowered to be in control of their body, mind, emotions and life — for people who wanted to bring courage where there is fear, compassion where there is suffering, connection where there is division, and light where there is darkness. This program was designed to empower you through yoga poses, meditation techniques, breath work, and inspiration to make an impact in your life, so that you can then make an impact in other peoples lives. The world needs more people like yourself leading the way into a new paradigm on this planet where we are uplifting each other instead of bringing each other down. The harmony to ourselves, each other, and to nature is the only path forward. I want to thank you for joining me on this journey — hopefully it's just the beginning, and one day, we will do another program, or training, or retreat. The practice never stops! Before we officially call it a wrap, let's flow through “108 Sun Salutations.” Keep showing up, stay empowered, and thank you for your practice!

Travis 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.

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

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PY108 Calendar

Day 1 - Cross Train - HardCORE

Day 2 - Cardio

Day 3 - Strength - HardCORE

Day 4 - Yin

Day 5 - Detox - HardCORE

Day 6 - Vitality

Day 7 - Mt. Pose Series - Pranayama + Meditation

Day 8 - Cross Train - HardCORE

Day 9 - Cardio

Day 10 - Strength - HardCORE

Day 11 - Yin

Day 12 - Detox - HardCORE

Day 13 - Vitality

Day 14 - Mt. Pose Series - Pranayama + Meditation

Day 15 - Cross Train - HardCORE

Day 16 - Cardio

Day 17 - Strength - HardCORE

Day 18 - Yin

Day 19 - Detox - HardCORE

Day 20 - Vitality

Day 21 - Mt. Pose Series - Pranayama + Meditation

Day 22 - Cross Train - HardCORE

Day 23 - Cardio

Day 24 - Strength - HardCORE

Day 25 - Yin

Day 26 - Detox - HardCORE

Day 27 - Vitality

Day 28 - Mt. Pose Series - Pranayama + Meditation

Day 29 - Cross Train - HardCORE

Day 30 - Cardio

Day 31 - Strength - HardCORE

Day 32 - Detox

Day 33 - Mt. Pose Series - Pranayama + Meditation

Day 34 - Gentle - HardCORE

Day 35 - Yin

Day 36 - Day 36 Check-In Video - 36 Sun Salutations Practice - Pranayama +
Meditation

Day 37 - Balance - HardCORE

Day 38 - Strength

Day 39 - Flexibility - HardCORE

Day 40 - Gentle

Day 41 - Detox - HardCORE

Day 42 - Cardio

Day 43 - Mt. Pose Series - Pranayama + Meditation

Day 44 - Balance - HardCORE

Day 45 - Strength

Day 46 - Flexibility - HardCORE

Day 47 - Gentle

Day 48 - Detox - HardCORE

Day 49 - Cardio

Day 50 - Mt. Pose Series - Pranayama + Meditation

Day 51 - Balance - HardCORE

Day 52 - Strength

Day 53 - Flexibility - HardCORE

Day 54 - Gentle

Day 55 - Detox - HardCORE

Day 56 - Cardio

Day 57 - Mt. Pose Series - Pranayama + Meditation

Day 58 - Balance - HardCORE

Day 59 - Strength

Day 60 - Flexibility - HardCORE

Day 61 - Gentle

Day 62 - Detox - HardCORE

Day 63 - Cardio

Day 64 - Mt. Pose Series - Pranayama + Meditation

Day 65 - Balance - HardCORE

Day 66 - Strength

Day 67 - Flexibility - HardCORE

Day 68 - Detox

Day 69 - Mt. Pose Series - Pranayama + Meditation

Day 70 - Gentle - HardCORE

Day 71 - Yin

Day 72 - Day 72 Check-In Video - 72 Sun Salutations Practice - Pranayama +
Meditation

Day 73 - Cross Train - HardCORE

Day 74 - Strength

Day 75 - Balance - HardCORE

Day 76 - Yin

Day 77 - Cardio - HardCORE

Day 78 - Vitality

Day 79 - Mt. Pose Series - Pranayama + Meditation

Day 80 - Cross Train - HardCORE

Day 81 - Strength

Day 82 - Balance - HardCORE

Day 83 - Yin

Day 84 - Cardio - HardCORE

Day 85 - Vitality

Day 86 - Mt. Pose Series - Pranayama + Meditation

Day 87 - Cross Train - HardCORE

Day 88 - Strength

Day 89 - Balance - HardCORE

Day 90 - Yin

Day 91 - Cardio - HardCORE

Day 92 - Vitality

Day 93 - Mt. Pose Series - Pranayama + Meditation

Day 94 - Cross Train - HardCORE

Day 95 - Strength

Day 96 - Balance - HardCORE

Day 97 - Yin

Day 98 - Cardio - HardCORE

Day 99 - Vitality

Day 100 - Mt. Pose Series - Pranayama + Meditation

Day 101 - Cross Train - HardCORE

Day 102 - Strength

Day 103 - Balance - HardCORE

Day 104 - Cardio

Day 105 - Flexibility - HardCORE

Day 106 - Detox

Day 107 - Gentle - Pranayama + Meditation

Day 108 - Day 108 Check-In Video - 108 Sun Salutations Practice