

**The Complete Practice: The Program**  
Program Guide

## **Introduction**

Welcome to The Complete Practice: The Program.

My name is Lauren Eckstrom. I'm a yoga teacher, mindfulness meditation instructor, and writer and I am honored to welcome you to this 30-day journey.

I came to yoga as a college freshman when I was experiencing extreme anxiety attacks. Yoga and meditation literally saved my life and from that moment forward I knew it was a practice I wanted to dedicate my life to sharing with others to help you on the road to transform, awakening and healing.

### **Why The Complete Practice?**

This program is called The Complete Practice because each day you'll experience a truly holistic balance of power yoga, yin yoga, restorative yoga and meditation. I've designed it to be both challenging and holistic.

Each yoga practice includes 40 minutes of strong power yoga so expect to sweat and strengthen. After your power yoga practice, you'll enter into 35 minutes of rejuvenating, healing and flexibility enhancing yin and restorative yoga.

I crafted the program this way because every class addresses your 6 human dimensions: body, energy, mind, heart, awareness and soul through powerful yoga postures, breath work, mindfulness, inspirational themes and ultimately a final surrender to rest.

Unfortunately most of us live life believing we do not have enough time but as Seneca once said, "it's not that we have so little time but more that we waste so much of it." The average person spends more than 5 hours a day on their phones and more than 3 hours a day watching television so, during this program I am asking you to shed what is no longer serving your highest goals and commitments - to let go of unnecessary scrolling, binge watching or anything that sucks time away when you could be practicing.

### **The Complete Challenge**

This program is challenging because I'm asking you to dedicate more time than maybe you ever have before to daily practice and for some of you, the most challenging piece will actually occur toward the end of each class as you resolve to stay - in the yin and restorative poses **and** for a full 5 minutes of Savasana or final rest.

Too many of us see resting as a weakness and wait until it's too late - until we are sick, overwhelmed or experience total burnout before we grant ourselves times of rest. In this program, I'm asking you not to wait until it's too late. You will have to dig deep to stay at certain times but as

you move through the discomfort, beyond the limiting belief that you should be doing something else, you will facilitate not only new connections in your brain but transformative healing at the level of your mind, body, heart and nervous system.

When you are clear on what you are committed to, balance is possible and I promise, you have 75 minutes to practice when you clarify what's actually important.

If I can do it as a wife, mother to a toddler, and business owner in the midst of a global pandemic, I promise you can do it too.

### **Your Schedule**

For the next 30 days you will step onto your mat 6 days a week moving through a 75 minute thematic practice combined of power yoga, yin yoga, restorative yoga and meditation. On the 7th day of each week, you will rest your body but you will still show up, moving through a 20 minute advanced meditation. Then, on our final day together, we will flow through one, very special celebratory final practice!

### **What's Included**

- \* 8 Thematic 75 minutes yoga classes
- \* 1 Advanced 20 minute meditation
- \* 30 Unique Opening Invocations
- \* A special soundtrack created by DJ Taz to accompany your physical, mental, emotional and spiritual journey in each class

### **Invocation Explanation**

Each day of your program begins with a unique invocation. I've written these 30 invocations to set the intention for the practice and to give you themes to take off the mat and into your daily life. If you'd like to keep these invocations nearby each day, to reference and re-read them, you'll find a downloadable PDF that you can print or save as we move through this monthlong journey together.

### **Program Description**

For the next 30 days you will commit to your practice and to yourself. You will be asked to show up more than you ever have, and at times, more than you want to. But transformation never takes place in your comfort zone. You are reading this because you are ready. During the Complete Practice: The Program with Lauren Eckstrom you will step onto your mat 6 days a week moving through a holistic 75-minute thematic yoga practice comprised of power yoga, yin yoga, restorative yoga, breath work *and* meditation. On the 7th day, you will rest your body with a guided 20-minute meditation. But your practice doesn't stop. This journey is about balance, integrity, discipline, compassion and learning

to live your practice off the mat and in the world. The yoga practices in this program deliver a truly holistic experience, balancing 40-minutes of strong, physical yoga with 35-minutes of the nourishing, healing and grounding styles of yin and restorative plus each class includes a brief guided meditation and rejuvenating final rest. No stone will be left unturned. No part of the practice will be left out as you navigate your 6 human dimensions. The only question is, are you willing? The time is now. Answer the call. Let's begin.

### **Class Descriptions**

**(1) Answer The Call:** The time is now. Answer the call. For the next 75 minutes, and for the next 30 days, this practice is your call to action, a place of refuge, a time to reconnect with what is most essential. You'll begin by moving through Sun Salutation A, a dynamic variation of Sun Salutation B, and a strong, twisting standing series. You'll close in the most holistic of ways with a powerful dose of yin and restorative yoga to help you clarify the deepest intentions of your heart. Let's begin.

**(2) The Clearing:** Focused on the lymphatic system, this 75-minute practice will target the axillary nodes to reduce lymph congestion, improve immunity and clear stagnant energy so you return to clear seeing. By alleviating what has accumulated through a series of shoulder stretches and binds such as Gomukasana and Eagle Pose, hip openers and backbends such as Locust, Dhanurasana, Reclining Pigeon and Malasana, you will clear unfinished patterns in order to connect with your deeper sense of purpose. A strap or towel is suggested for this practice in addition to a bolster for the restorative portion of the practice.

**(3) Because You Can:** It's been said that life is a marathon, not a sprint, and therefore a test of our endurance. This 75-minute class begins with a stamina invoking power yoga practice before you slip into a 30+ minute period of recovery. This is how we build resiliency - learning to remain in a healthy range of arousal without getting stuck in an over activated state. You will work, not by overcoming but by becoming. This class includes cardio invoking chair and plank variations, strengthening movements, half splits and more. A block and bolster are suggested for this practice.

**(4) Heavy Lifting:** In yoga you gain strength using your own body weight. In return, you strengthen the bones helping to prevent osteoporosis, improving muscle tone and ensuring you have the physical strength to meet the demands of daily living. You will work hard for 40 minutes, building tone through Yogi-style push-ups, floating pigeon and leg

strengthening movements but then, you will receive the benefits of your effort as you melt into single pigeon, dragon and more. A block and bolster are suggested for this practice.

**(5) Let It Go:** Focused on the energy body or the Pranamaya Kosha, this 75 minute class begins with a power yoga practice into which breath work or pranayama is infused into every movement to activate your parasympathetic nervous system, re-oxygenate the body and enhance your overall well-being. You'll move through Kundalini-inspired breath work, Lion's Breath, Horse's Breath, slow Bastrika and more as you release what is no longer serving you in a positive way. After a thorough cleansing of the physical and energy bodies through continuous flows, get ready to rest, restore and rejuvenate through yin yoga, restorative yoga and meditation as you finalize your release at the level of the mind and the heart. A bolster is suggested for this practice.

**(6) Just Be:** We can work hard without moving through a single vinyasa. We can build strength, stamina and tone without a single push-up. Give your wrists, shoulders and upper body a break with this 75 minute vinyasa-less flow. Practice inhabiting and embodying your aliveness with familiar movements sequenced in new and enlivening ways. A block and bolster are suggested for this practice.

**(7) Knowing Truth:** We know what is true by knowing ourselves. And we only know ourselves when we pause long enough to become truly present. This 20 minute meditation is a time for you to return to your Self. The practice begins with guidance and then you are left in the spaciousness of your own being with Lauren providing brief, gentle reminders at 5 minute increments to support you in learning to trust your practice and your ultimate truth.

**(8) It's Time:** In this final class of your 30-day journey we celebrate all you've accomplished both on the mat and off. As Lao Tzu wrote, "what the caterpillar calls the end, we call a butterfly" and you are ready to fly. For the next 75-minutes reap the benefits of all you have nurtured, cultivated and tended to over the past month through your dedication and discipline. You'll move through Dancing Shiva and side plank variations in the power yoga portion followed by dragonfly pose, reclining hand to big toe and more in your final yin and restorative immersion. For this practice you'll need a strap, 2 yoga bolsters and one block.

## **What You'll Need**

During this program you'll need a yoga mat, 2 yoga blocks, a yoga bolster and a strap. Keep in mind if you do not own these props you can always substitute a stack of books for a yoga block and a firm pillow for a yoga bolster.

## **Lauren Bio**

In my early twenties I felt trapped fulfilling the expectations of my culture and family. I was stalled in a comfortable yet loveless relationship that was dispassionate and wanted. I felt lost, confused, and alone. Most painfully, I was caught in a corporate job that while financially beneficial, sucked the life out of my soul. I was unable to perceive a way out, depressed because I couldn't decipher what steps to take next to change my life, and at a total loss as to how to regain happiness. I was caught in unhealthy habits, addictions, and fears. It was a silent suffering, like slowly suffocating from carbon monoxide poisoning. Then I became crippled with anxiety. My heart would race, I would break out in a cold sweat, my vision would narrow, and I would edge nearer and nearer toward fainting or vomiting.

The experience was visceral and terrifying. And, it brought me to yoga.

I remember very little about my first yoga class except that it was the first time I sat face-to-face with my pain, and I survived! Laying down for Savasana, the final resting posture, I surrendered into the floor. Layers of stress, fear, and panic melted away. For the first time, in a long time, I felt at peace in my body and in my mind. I don't remember when I went back to yoga again, but I know I did. I left class knowing I had just met my biggest challenge and my greatest gift. Yoga would eventually teach me that I could experience the depth of my pain, and not only survive but thrive. Meditation would eventually teach me that I could feel my feelings and not run away.

Yoga and meditation shifted the entire course of my life. Today I live a life that many people dream of. I travel the world, do what I love, help others, and am married to a man I love and who loves me in return. I would not be here without the roadmap the practices of yoga, meditation, and personal growth provide and I promise they will help you achieve your unique vision of a life you are head over heels in love with too. I am honored to share these practices with you and I cannot wait to welcome you to our Inner Dimension family, a global community that is here to support you on your journey to a life you love.

## **Closing**

There is no leaderboard in this program except the one inside of you. This isn't a program of competition or a journey in which I am asking you to change anything about yourself. All I'm asking is that you show up each day - messy or beautiful, exhausted or energized and to know that your only role is to be open eyed and present.

Let's begin, and let me be the first to welcome you home to yourself. I'll see you in the first practice.

**Featured Yogis**

Danielle Marciano

Rachel Dellefield

Rachel Strauss

Michelle Bui

Dori Lancaster

Hana Cha

Whitney Kaufman

Kristie Nakamura

Peter Anderson

Susie Boyajan