

EMPOWERED

30-DAY POWER YOGA SERIES

with Travis Eliot

Hello, I'm Travis Eliot and welcome to "Empowered," a 30 day power yoga series. For the next month, we are going to meet one on one, for about 20-30min. each day. You can think of it like having me as your private instructor to help personally guide you through this transformative journey of increasing muscle tone, decreasing fat, improving balance and flexibility, dissolving tension, and increasing calm and inner serenity.

Be sure to sign up for the special EMPOWERED email list so we can send you a link to each class along with a calendar, booklet, meal plan and daily inspiration to support you through the journey.

I've been creating online yoga programs for over a decade and I'm really excited to bring you my latest offering.

EMPOWERED is about self-mastery. It's about becoming the master of your body, mind, emotions and life.

Too many people are giving their power up to external factors which often results in depression, negativity, and hopelessness.

There are many things you can't control happening outside of you. But, what you can control is what's happening inside of you. Nobody, but you, should be in full control of your physical, mental, and emotional state. As they say, nobody can change the station of your mind unless you give them the remote.

So, for this EMPOWERED series this is what we will focus on — getting strong holistically, and reconnecting to the innate power that resides inside of you.

This series encompasses power yoga, yin yoga and breath work and meditation.

The power yoga will focus on improving your strength, balance, stamina

and flexibility.

The yin yoga will focus on improving your mobility and balancing your nervous system.

Because your breath is linked to all the the major systems in your body, the breath work will improve everything form your immunity, to blood pressure to overall energy levels.

And of course, nothing is more important than your mind state for the quality of your life and relationships. The short but effective meditations sprinkled throughout some of the classes will reinforce our theme of empowerment.

As part of the series we've included a daily calendar. I recommend printing it out, hang it up somewhere like your fridge or office and enjoy the dopamine hit of crossing each day off when you finish.

When you show up for yourself you show up for your life!

Special "Holistic Meal Plan" by Celebrity Chef @seonkyounglongest

Also, check out our special EMPOWERED meal plan with unique plantbased

recipes from fellow yogi and celebrity chef @seonkyounglongest. We are incredibly honored to have her culinary talents and passion. She has created this meal plan especially for this challenge.

Remember to always practice on an empty stomach. It's usually advised not to eat 3-4 hours before each yoga practice. If you're really hungry feel free to eat a small snack before class and make sure you stay well hydrated throughout the day.

Be sure to have a good yoga mat. I also recommend at least one styrofoam block, and a bolster and maybe a strap. But, Don't worry if you

don't have all these props. You can always get creative and use books, water bottles, and pillows as a substitute. The most important thing you need is just you and your body and maybe a growth mindset.

Find a good, clean place where you can practice each and every day — preferably a place free of distractions — no phones, computers, other people, especially if they are annoying! Think about these daily 20-30 minutes as your personal time to retreat and recharge because we all know you can't give to others what you don't have to give.

Lastly, I want to encourage you to invite your family, friends and coworkers to join you. Sharing this journey with others will make it even more fun and powerful. Make sure you choose friends who will call you out if you're start slacking off!

Along those lines, my teaching is what I call 'fierce compassionate.' No matter what level you are (beginner, intermediate, advanced) I'm going to push you to your edge and beyond your comfort zone, but I will do it with compassion and respect.

At any point you want to modify, skip or take a break please give yourself that permission.

Yoga is meant to heal you not destroy you.

So, honor what you're feeling, and allow this practice to be healing.

The teachings of yoga and meditation have transformed my life and I'm excited to share this journey with you — the journey of EMPOWERMENT. Look forward to getting started on the day 1 practice...see YOU on the mat!

Calendar with Class Descriptions

30 Day Calendar:

Day 0 - Welcome to EMPOWERED (START HERE)

"The secret to getting ahead is getting started."

-Mark Twain

Welcome to Empowered, a 30-day power yoga + yin yoga journey with Travis Eliot. Make sure you start your journey by watching this video first. Travis will share opening thoughts about the intention of Empowered along with key tips to set you up for success.

Day 1 - Power Yoga “Intention”

“The future belongs to those who believe in the beauty of their dreams.”

-Eleanor Roosevelt

Welcome to the first yoga practice of the empowered series. In this class you will align with the theme of empowerment — to be in control of your physical, mental, and emotional state regardless of what’s happening outside of you. Travis will guide you through a well-rounded power yoga flow to set the intention for the next 30 days.

Day 2 - Power Yoga “Awaken”

“Your vision will be become clear only when you look into your own heart. Who looks outside dreams, who looks inside awakes.”

-Carl Jung

In this power yoga class, you will celebrate the power of awakening — awakening your potential by connecting to the power of the heart. The yogis believe the power of the heart is stronger than 1,000 suns. Travis will guide you through a class with an emphasis on back bends.

Day 3 - Power Yoga “Levity”

“Don’t waste today for what happened yesterday.”

-Sri Ravi Shankar

This dynamic power yoga class is about letting go the things which no longer serve you in a positive way. What doesn't serve you, doesn't deserve you. When you let go you create space, lightness and levity. Travis will guide you through sequences with a multitude of twisting postures.

Day 4 - Yin Yoga "Hip Flexibility"

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."

-Rumi

The hips are the largest joint in the body and a place where we often carry tension, stress and repressed emotions. In this yin sequence be prepared to hold hip stretches for 2-3 minutes. Travis will guide you through poses that hit different angles of the hips. Research shows static stretching is most effective for improving flexibility and range of motion.

Day 5 - Power Yoga "The 6 Dimensions"

"The greatest protection in all the world is compassion."

-The Buddha

The 6 Dimensions class ignites the body, energy, mind, heart, awareness and soul. Awakening these 6 dimensions is key to becoming empowered. This class provides a powerful blend of yoga flow, breath work, meditation, and deep stillness.

Day 6 - Power Yoga "Transformation"

"Everyone thinks of changing the world, but no-one thinks of changing himself."

-Tolstoy

If you want to transform others, you have to transform yourself. In this power yoga class Travis will guide you through a challenging practice of flow, strength, and balance.

Day 7 - Yin Yoga “A Healthy Back”

“Nowhere you can go is more peaceful — more free of interruptions than your own soul.”

-Marcus Aurelius

This yin yoga practice serves two main purposes. First, the sequence is designed to ensure your spine is supple and healthy. Second, this practice gives you permission to slow down, get still, and retreat from stress, stimulation, and distraction. *Congrats on making it to the end of Empowered week 1.*

Day 8 - Power Yoga “No Excuses”

“I hated every minute of training. But don’t quit. Suffer now and live the rest of your life as a champion.”

-Muhammad Ali

The greatest champions live with a ‘no excuses’ mindset. On the days where the body is sore, the weather is bad, and unexpected events arise, they still show up to train. There’s always going to be an excuse to not show up for your practice, but, if you want to become empowered you have to embody self-mastery. Be ready to flow through an invigorating power yoga flow with Travis.

Day 9 - Power Yoga “Flow State”

“Don’t ever go with the flow, be the flow.”

-Jay Z

This class is about flow, flow, and more flow! Travis will start the class off with gentle wrist and shoulder stretches before moving

into an opening warm up series. The class will keep building and building until you feel your heart pounding strong in your chest. Let your breath be like a river carrying your body toward that final resting pose.

Day 10 - Power Yoga "Stoke the Fire"

"You never know how strong you are until being strong is your only choice."

-Bob Marley

Fire is the primary element for transformation. Whether you are transforming earth into lava, ice water into steam, or a weak body into a strong body, it takes fire to promote profound change. In this intense class be prepared to stoke the fire — Travis will be right there with you, reminding you how strong you truly are.

Day 11 - Yin Yoga "Dissolve Tension"

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

-Zen proverb

Carrying excessive tension in the body is like driving a vehicle with the brake engaged, quickly wearing things down. In this yin yoga class, Travis will guide you through stretches to dissolve tension with a focus on the groin, hips, and knees. As you dissolve tension the body becomes lighter and is able to move with greater efficiency.

Day 12 - Power Yoga "Spread Your Wings"

"Sometimes I go about pitying myself, all the while I'm being carried by the great winds across the sky."

-Ojibway Indians

In this class, Travis will guide you to take flight. Not only will you find yourself working hard through a challenging sequence, but as you spread your arms, you will stretch the chest and shoulders. This class will invoke an expansive feeling, perfect for those days when you feel like you need to bust out of your shell.

Day 13 - Power Yoga "Solar"

"The real tragedy of life is when men are afraid of the light."

-Plato

In yoga, the sun represents light, warmth, and illumination. In this power yoga class you will ignite these solar qualities throughout the sequence. For the climax, be prepared to go to your edge. It won't be easy, but it will be worth it.

Day 14 - Yin Yoga "Lunar"

"The moon is the first milestone on the road to the stars."

-Arthur C. Clarke

Yoga is all about balance, including the balance of solar and lunar energy. This class is soft, sweet, and blissful. We recommend doing it right before going to sleep. **Congrats on making it to the end of week 2.**

Day 15 - Power Yoga "Supersonic"

"Only one who devotes himself to a cause with his whole strength and soul, can be a true master. For this reason, mastery demands all of a person."

-Albert Einstein

This power yoga class helps you to find stillness in motion. Like a Formula 1 race car driver, the body moves fast, but the mind stays slow. In yoga, a hurried mind is associated with a sick mind.

Therefore, training the mind to remain steady and calm is key to health and well-being. As Travis guides you through this supersonic flow, try to keep the mind in a state of peace.

Day 16 - Power Yoga "Grace"

"Grace is the weapon that disarms the dark."

-Ann Voskamp

As we get onto our yoga mat this is an act of grace. The light of grace dispels the darkness of ignorance. In this power yoga practice, Travis will guide you to reconnect to all the things that are important and meaningful to you.

Day 17 - Power Yoga "Strong CORE"

"Mens Sana Corpore Sano (Healthy Mind in a Healthy Body)"

- Latin Saying

The goal of Empowered is to empower you to be mentally and physically healthy. When we have a strong core, we have a healthy self-esteem. We also establish the foundation for a healthy body. The core are the key stabilizing muscles in the body which includes the abdominals and lower back. In this short but powerful practice, Travis will guide you through multiple exercises to create a strong and toned mid-section.

Day 18 - Yin Yoga "Bend Like Bamboo"

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

-Japanese proverb

In the world of fitness, strength is often glorified at the sacrifice of suppleness. But any true yogi or top athlete will tell you, it's all about balance. In this class, Travis will guide you through poses to support your connective tissues to bend like bamboo.

Day 19 - Power Yoga “The Shaolin Yogi”

“What you are is what you have been.

What you will be is what you do now.”

-Shaolin saying

This class, guided by Travis, blends Shaolin chi gong/kung fu and power yoga. The practice is both fierce and elegant. With reverence, be prepared for The Shaolin yogi to take you to your physical and mental limit!

Day 20 - Power Yoga “Aim True”

“When you are in pursuit of a goal, be like an arrow released from the bow. Move straight to the target.”

-Unknown

When you aren't committed to your goals it's very easy to become distracted. But when you have a target and keep moving in that direction you will make tremendous progress. In this power yoga class, Travis will guide you through a creative sequence involving yoga archery as a reminder to always aim true.

Day 21 - Yin Yoga “Upper Body Flexibility”

“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

This yin sequence is a perfect complement to power yoga practice which often puts a lot of demand on the chest, shoulders and wrists. Travis will guide you through a gentle yin sequence targeting the upper body including the neck. *Congrats on making it to the end of Empowered week 3!*

Day 22 - Power Yoga "Determination"

"We don't rise to the level of our expectations, we fall to the level of our training."

-Archilochus

This power yoga practice is about reinforcing your determination. Determination is a key ingredient in order to achieve greatness. Inevitably we encounter obstacles, challenges, and resistance. When our determination is unwavering, we don't give up, and we continue to persevere. Be prepared to encounter plenty of moments in this class by bringing toughness, tenacity, and grit. As always, do what you can, and remember, you can always modify or take breaks.

Day 23 - Power Yoga "Piercing Focus"

"Keep your mind on the things you want, and off those you don't."

-Bruce Lee

In yoga, the word for focus is dharana. Dharana is the doorway into dhyana, or meditation. This class is like an athletic meditation in motion challenging your strength, flexibility, and balance. As you move through all the vicissitudes of the flow keep the mind focused deeply on the breath and before you know it, this class will be in the rear-view mirror.

Day 24 - Power Yoga "Living with Meaning"

"The desire to reach for the stars is ambitious. The desire to reach hearts is wise."

-Maya Angelou

Living with meaning is about opening our hearts to the welfare of others. But you can't give to others what you don't have to give. This practice will give you health, inspiration, and energy. Then,

you can use these resources to help uplift others. In this class, Travis will guide you to connect to your heart and allow it to be like the engine driving you through a deep, meaningful flow.

Day 25 - Yin Yoga "Lower Body Flexibility"

"There is only one thing that causes unhappiness. The name of that thing is attachment."

-Anthony de Mello

In this yin practice, Travis will guide you to detach from tensions in the lower body. This includes the hamstrings, hips, knees, and feet. After this class be prepared to feel like you are walking on clouds.

Day 26 - Power Yoga "Purpose"

"You make a living by what you get. You make a life by what you give."

-Winston Churchill

Having purpose is what gets you out of bed in the morning excited for the day. One Africa tribe believes we are all born with a special cargo to deliver. This cargo is our purpose. When we deliver the cargo, we experience deep fulfillment. When we forget to deliver the cargo, we feel empty and often depressed. In this power yoga class, Travis guides you to align with your highest path.

Day 27 - Power Yoga "Strength + Flexibility"

"The one that has patience has the entire universe."

-The Vedas

In the first 2/3 of this practice Travis will guide you through a flow encompassing strengthening poses. Then, after the body has been thoroughly warmed, the last 1/3 of the class will focus on

floor stretches lasting about 90 seconds. This balanced class will leave the body feeling incredible!

Day 28 - Yin Yoga "Rest + Recovery"

"Almost everything will work again when you unplug it for a few minutes...including you."

-Anne Lamott

In this yin yoga class, prepare to unplug from the busyness of life. Travis will guide you through a sequence of relaxing postures that will balance the nervous system and promote deep rest and relaxation. Congrats on making it to the end of week 4 — almost there!

Day 29 - Power Yoga "Magnificence"

"Every hour of every day is an unspeakable perfect miracle."

-Walt Whitman

Many of the ancient wisdom cultures believe we are born with unlimited magnificence. The fact that we were even born into this world is a magnificent gift! In this power yoga class, Travis will guide you through a sweaty, creative magnificent flow.

Day 30 - Power Yoga "Empowered"

"There is nothing outside of yourself that can ever enable you to get better, stronger, richer, quicker, or smarter. Everything is within. Everything exists. Seek nothing outside of yourself."

-Miyamoto Musashi

True freedom is to be empowered — the realization that everything you could ever want already exists within. To be empowered is to become the master of your body, mind, emotions, life, and destiny. This power yoga practice celebrates

the end of the Empowered series journey. Congrats on making it through the 30 days!

Day 30 - “Final Thoughts (What’s Next?) Video

In this closing video, Travis wanted to personally congratulate you on the successful completion of Empowered. The relationship between student and teacher is special and sacred. He also offers suggestions on how to continue to deepen your yoga practice. Thank you for your practice.

Huge congrats for making it to the very end of the 30 day EMPOWERED journey!!!!

Whether this is the first yoga challenge we’ve done together or you have done some of my others I want to thank you for your practice and let you know it’s been an honor to share this journey with you.

Like an ultra-endurance race, not everyone makes it to the end but you did. For the last 30 days you invested in yourself and you awakened that inner power.

In the metaphoric garden of life you pulled the weeds and planted the seeds — seeds of health, energy and mastery that are already bearing fruit!

The good thing about a journey like EMPOWERED is the structure of it — you don’t have to think about what practice you are doing to do or waste your time searching for the right class — it’s all been clearly laid out for you to maximize your time, effort and results.

If you found the structure of a program helpful then I highly recommend you continue to deepen your practice by checking out my other programs available on Inner Dimension TV.

PY108 is a great 108 day program perfect for the intermediate level.

Level Up 108 is another 108 day program suitable for a more intermediate/advanced student.

Detox 30 is a powerful 30 day program with myself and wife Lauren that helps people become free of negative addictions and habits.

And, if you are looking for something more immersive in Yin Yoga then check out “**Flexibility & Beyond**” my 8-week yin yoga program.

If you are really serious about deepening your practice and even sharing yoga with others we also offer online yoga trainings at Inner Dimension Academy.

Another option, is to just go back and repeat the EMPOWERED series as many times as you like. It’s good to repeat things because repetition leads to mastery.

Maybe one day we can even connect on a yoga retreat, and just do tons of yoga and meditation somewhere beautiful in the world.

Until that day, thank you again for joining me, much gratitude, and wherever you go next I wish you many blessings along your path.

*May you live with a healthy body and mind.
May you awaken the power inside.
May you live a life with wisdom, purpose and meaning.
Stay empowered.*

Namaste.