

# EMPOWERED

- 30 DAY POWER YOGA SERIES -

WITH TRAVIS ELIOT

D I G I T A L B O O K L E T





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# INTRODUCTION

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.

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





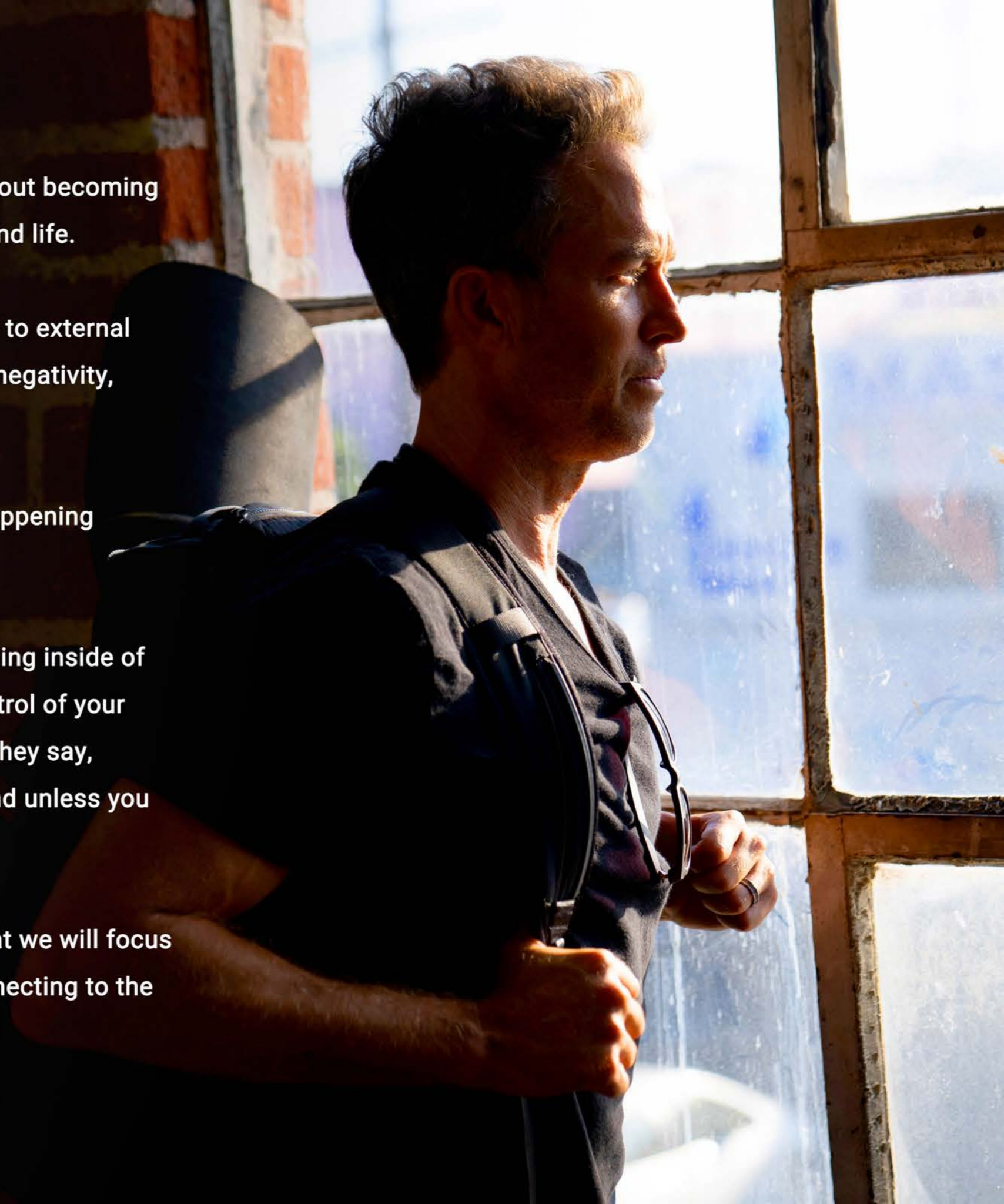
**EMPOWERED is about self-mastery. It's about becoming the master of your body, mind, emotions and life.**

**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!

# 30-DAY CALENDAR EMPOWERED

WITH TRAVIS ELIOT



DAY	CLASS
1	<b>INTENTION</b> POWER YOGA
2	<b>AWAKEN</b> POWER YOGA
3	<b>LEVITY</b> POWER YOGA
4	<b>HIP FLEXIBILITY</b> YIN YOGA
5	<b>THE 6 DIMENSIONS</b> POWER YOGA
6	<b>TRANSFORMATION</b> POWER YOGA
7	<b>A HEALTHY BACK</b> YIN YOGA
8	<b>NO EXCUSES</b> POWER YOGA
9	<b>FLOW STATE</b> POWER YOGA
10	<b>STOKE THE FIRE</b> POWER YOGA

DAY	CLASS
11	<b>DISSOLVE TENSION</b> YIN YOGA
12	<b>SPREAD YOUR WINGS</b> POWER YOGA
13	<b>SOLAR</b> POWER YOGA
14	<b>LUNAR</b> YIN YOGA
15	<b>SUPERSONIC</b> POWER YOGA
<b>HALF WAY!</b>	
16	<b>GRACE</b> POWER YOGA
17	<b>STRONG CORE</b> POWER YOGA
18	<b>BEND LIKE BAMBOO</b> YIN YOGA
19	<b>THE SHAO LIN YOGI</b> POWER YOGA
20	<b>AIM TRUE</b> POWER YOGA

DAY	CLASS
21	<b>UPPER BODY FLEXIBILITY</b> YIN YOGA
22	<b>DETERMINATION</b> POWER YOGA
23	<b>PIERCING FOCUS</b> POWER YOGA
24	<b>LIVING WITH MEANING</b> POWER YOGA
25	<b>LOWER BODY FLEXIBILITY</b> YIN YOGA
26	<b>PURPOSE</b> POWER YOGA
27	<b>STRENGTH + FLEXIBILITY</b> POWER YOGA
28	<b>REST + RECOVERY</b> YIN YOGA
29	<b>MAGNIFICENCE</b> POWER YOGA
30	<b>EMPOWERED</b> POWER YOGA



# SPECIAL "HOLISTIC MEAL PLAN"

Also, check out our special EMPOWERED meal plan with unique plant-based recipes from fellow yogi and celebrity chef [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.

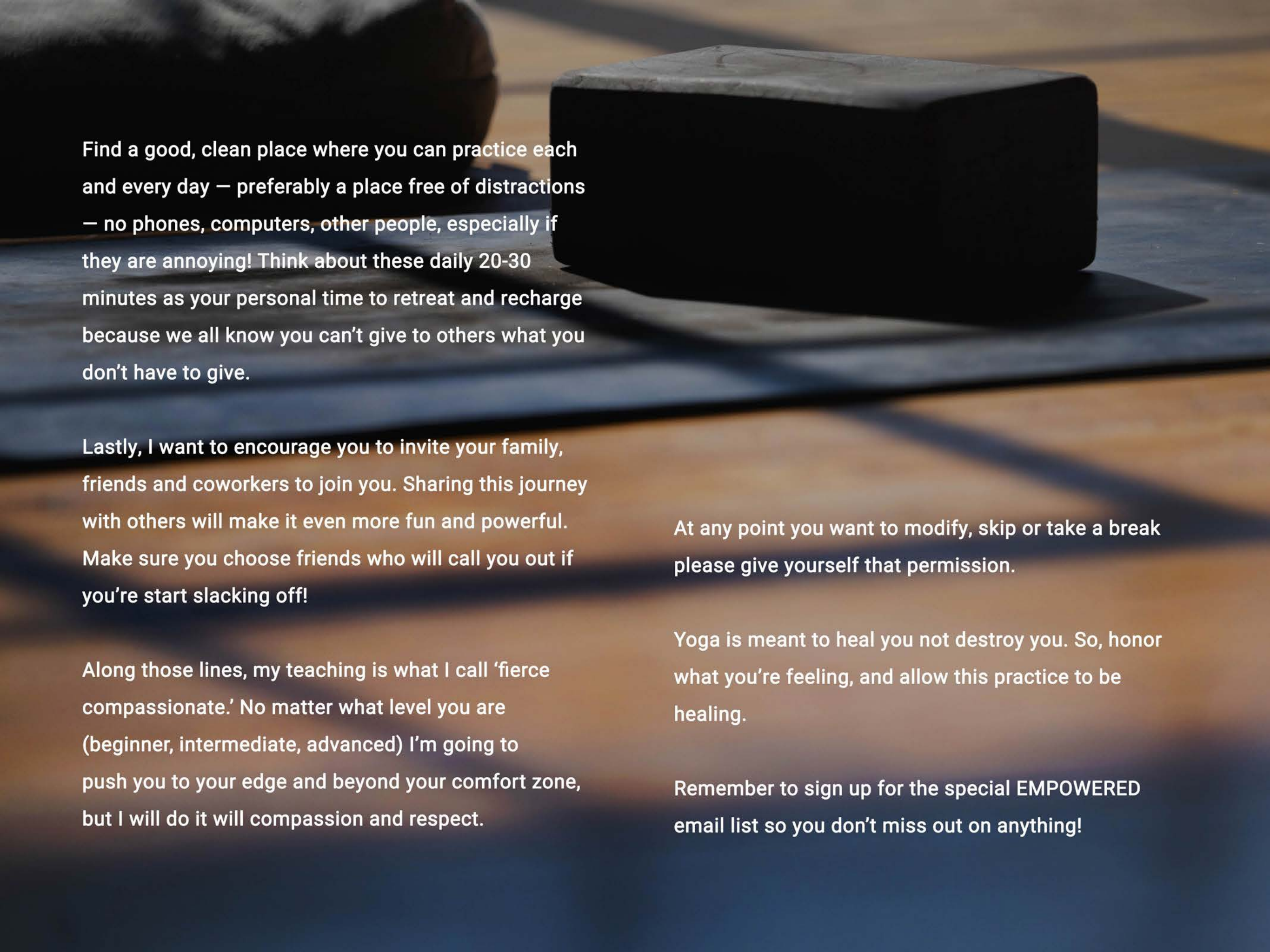






Be sure to have a good yoga mat. I also recommend at least one styrofoam block, and a bolster and maybe a strap. But, don't worry if you don't have all these props. You can always get creative and use books, water bottles, and pillows as a substitute. The most important thing you need is just you and 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.

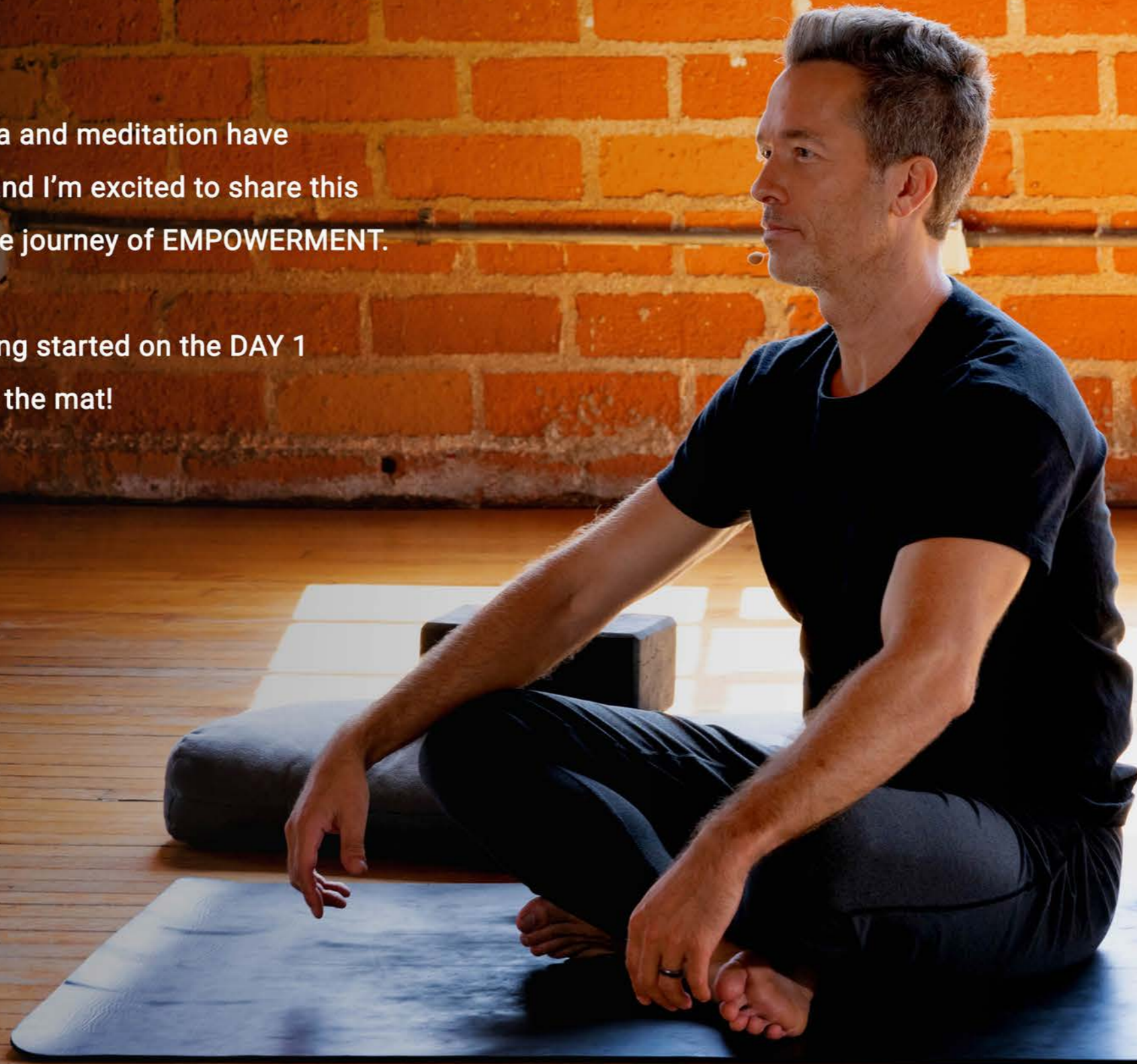
Yoga is meant to heal you not destroy you. So, honor what you're feeling, and allow this practice to be healing.

Remember to sign up for the special EMPOWERED email list so you don't miss out on anything!



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!





# CLASS DESCRIPTIONS





# DAY 0

## WELCOME TO EMPOWERED

### START HERE

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.

*"The secret to getting ahead is getting started."*

*-Mark Twain*





# DAY 1

# INTENTION

## POWER YOGA

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.

*"The future belongs to those who believe in the beauty of their dreams."*

*-Eleanor Roosevelt*





# DAY 2 AWAKEN

## POWER YOGA

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 a 1000 suns. Travis will guide you through a class with an emphasis on back bends.

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

*-Carl Jung*





**DAY 3**  
**LEVITY**  
POWER YOGA

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.

*"Don't waste today for what happened yesterday."*

*-Sri Ravi Shankar*





# DAY 4

## HIP FLEXIBILITY

### YIN YOGA

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.

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

*-Rumi*





# DAY 5

## THE 6 DIMENSIONS

### POWER YOGA

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.

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

*-The Buddha*





# DAY 6

# TRANSFORMATION

## POWER YOGA

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.

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

*-Tolstoy*





# DAY 7

## A HEALTHY BACK

### YIN YOGA

This yin yoga practice serves two main purposes. First, the sequence is designed to ensure your spine is supple and healthy. And, 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.*

*"Nowhere you can go is more peaceful – more free of interruptions than your own soul."*

*-Marcus Aurelius*





# DAY 8

## NO EXCUSES

### POWER YOGA

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.

*"I hated every minute of training. But don't quit. Suffer now and live the rest of your life as a champion."*

*-Muhammad Ali*





# DAY 9

## FLOW STATE

### POWER YOGA

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.

*"Don't ever go with the flow, be the flow."*

*-Jay Z*





# DAY 10

## STOKE THE FIRE

### POWER YOGA

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.

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

*-Bob Marley*





# DAY 11

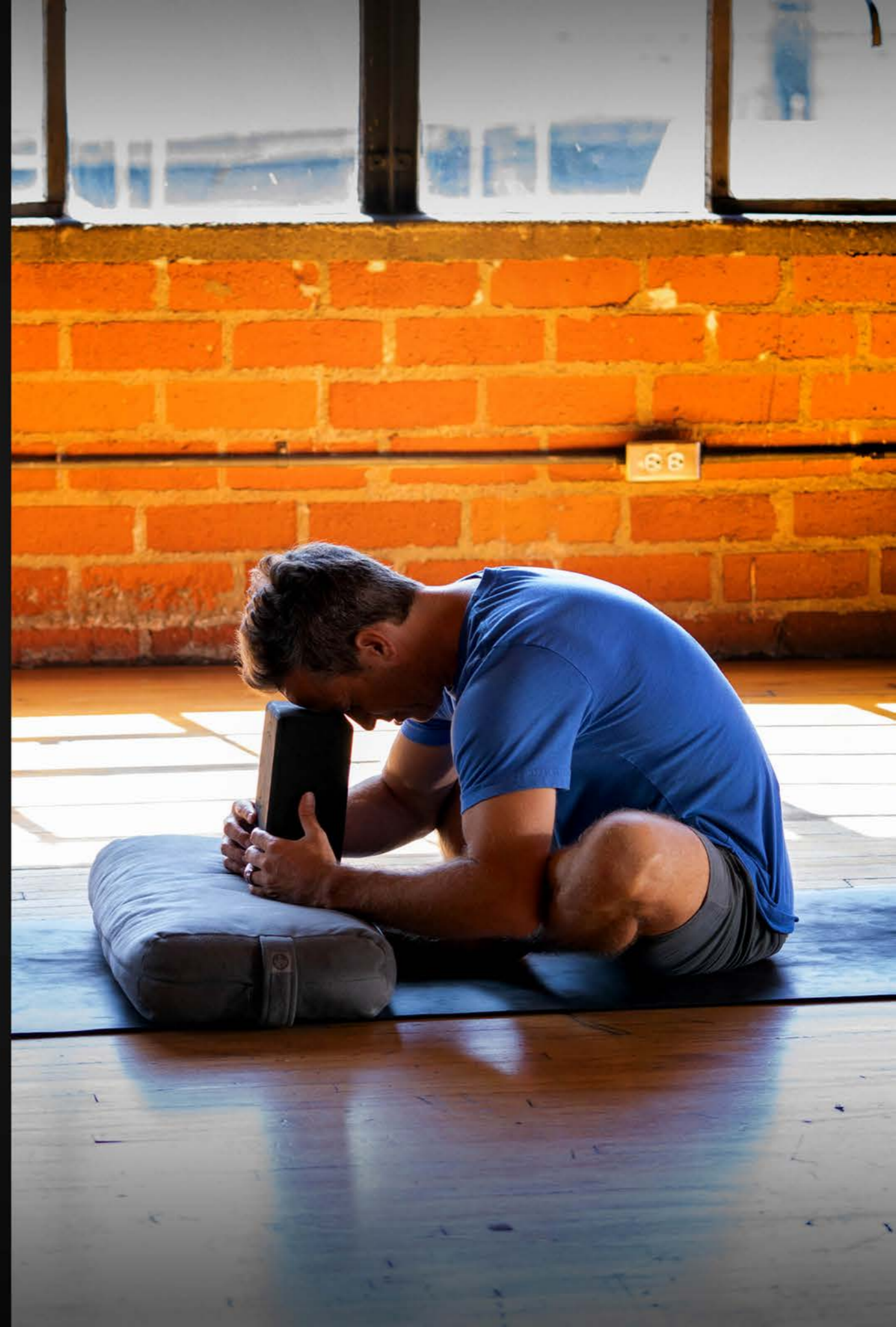
## DISSOLVE TENSION

YIN YOGA

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.

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

*-Zen proverb*





# DAY 12

## SPREAD YOUR WINGS

POWER YOGA

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.

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

*-Ojibway Indians*





# DAY 13

## SOLAR

### POWER YOGA

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.

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

*-Plato*





**DAY 14**  
**LUNAR**  
YIN YOGA

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.*

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

*-Arthur C. Clarke*





# DAY 15

## SUPERSONIC

### POWER YOGA

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.

*"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*





**DAY 16**  
**GRACE**  
POWER YOGA

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.

*"Grace is the weapon that disarms the dark."*

*-Ann Voskamp*





# DAY 17

## STRONG CORE

### POWER YOGA

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.

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

*-Latin saying*





# DAY 18

## BEND LIKE BAMBOO

### YIN YOGA

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.

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

*-Japanese proverb*





# DAY 19

## THE SHAOLIN YOGI

### POWER YOGA

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!

*"What you are is what you have been.  
What you will be is what you do now."*

*-Shaolin saying*





**DAY 20**  
**AIM TRUE**  
POWER YOGA

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.

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

*-Unknown*





# DAY 21

## UPPER BODY FLEXIBILITY

YIN YOGA

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!*

*"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*





# DAY 22

## DETERMINATION

### POWER YOGA

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.

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

*-Archilochus*





# DAY 23

## PIERCING FOCUS

### POWER YOGA

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.

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

*-Bruce Lee*





# DAY 24

## LIVING WITH MEANING

### POWER YOGA

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.

*"The desire to reach for the stars is ambitious.*

*The desire to reach hearts is wise."*

*-Maya Angelou*





# DAY 25

## LOWER BODY FLEXIBILITY

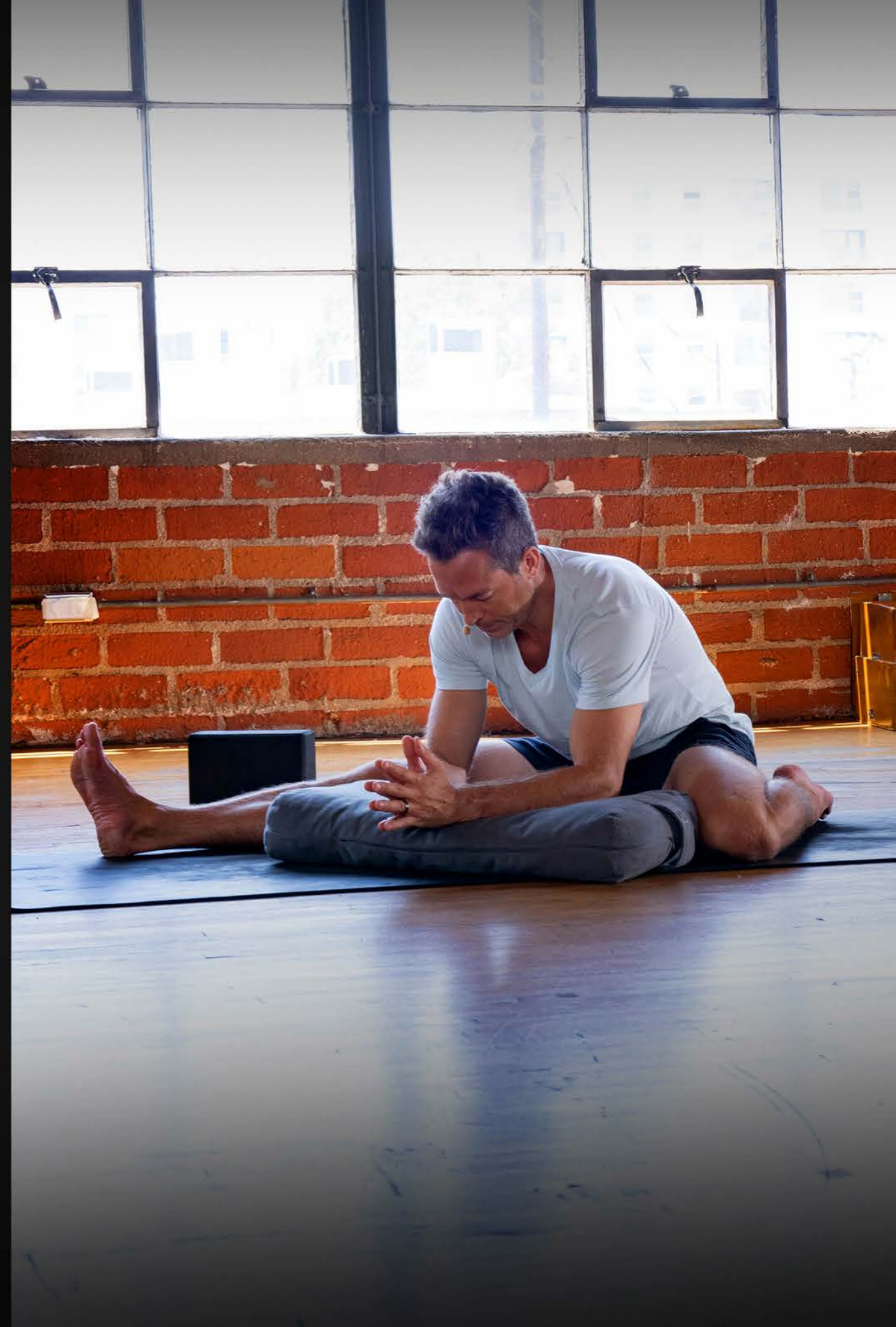
YIN YOGA

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.

*"There is only one thing that causes unhappiness.*

*The name of that thing is attachment."*

*-Anthony de Mello*





**DAY 26**  
**PURPOSE**  
POWER YOGA

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.

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

*-Winston Churchill*





# DAY 27

## STRENGTH + FLEXIBILITY

### POWER YOGA

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!

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

*-The Vedas*





# DAY 28

## REST + RECOVERY

YIN YOGA

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!*

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

*-Anne Lamott*





# DAY 29

## MAGNIFICENCE

POWER YOGA

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.

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

*-Walt Whitman*





# DAY 30

# EMPOWERED

POWER YOGA

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!*



*"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*



# CONGRATULATIONS

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.

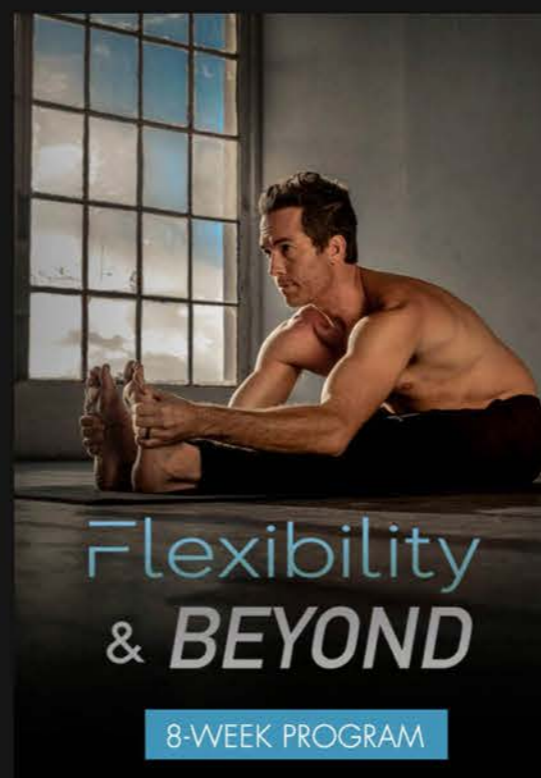
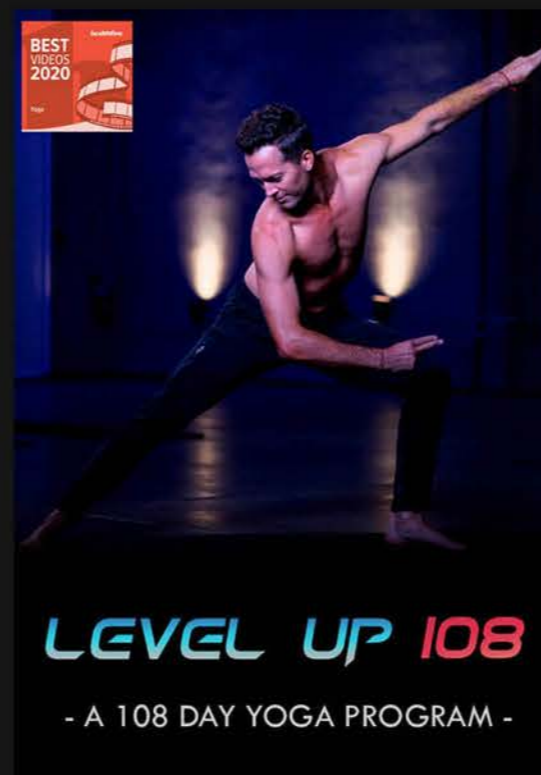
**PY108** is a great 108 day program perfect for the intermediate level.

**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**.



Available at  
INNERDIMENSIONTV.COM



PHOTOGRAPHY BY  
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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

