

YOGA 45 for 45

Program Guide

Welcome

Welcome to Yoga 45 for 45!

This is our most revolutionary program to date.

We are yoga and meditation instructors having been on the yoga and meditation path for many years. We've been blessed to share these teachings to millions of people around the world including professional athletes, CEOs, celebrities, special forces, prison inmates and many more.

Yoga 45 for 45 is a follow up to our popular Yoga 30 for 30 program also available on Inner Dimension TV.

We've leveled things up for this exciting sequel. In this new journey, you will be practicing approximately 45 minutes of yoga for 45 days.

What's Included

This program includes...

- 16 Thematic Yoga Classes including power, yin and gentle
- BONUS Core, Meditation and Pranayama classes
- A Digital Booklet
- A Digital Calendar
- Exclusive Access to Private Online Group

Program Layout

Each day you can expect to get on your yoga mat for about 45 minutes. Most of the classes will be repeated 3 times. When you repeat a class it gives you an opportunity to refine the poses and sequences and to also help you see how far you've come in your strength, flexibility, balance, stamina and equanimity. Repetition with awareness leads to profound change.

In addition to the main 45 minutes practices, we highly recommend including the bonus core, meditation and pranayama classes as well. These bonus classes are approximately 10 minutes each.

The core class will strengthen and tone your entire abdominal area. The meditation class will promote calmness and relaxation. And, the pranayama class will empower you with important skills of regulating your breath and energy.

The primary style of yoga in Yoga 45 for 45 is power yoga. Power yoga strengthens every aspect of your fitness. Our intention is to make these practices as accessible as possible, so you don't have to be an advanced yogi to enjoy this program. We created it for all levels.

Not every day on the program will be physically vigorous. Yoga is about achieving balance and harmony. Therefore, we've also included relaxing styles of yoga including yin, restorative, gentle

and mobility. These softer classes will be medicinal for your nervous system and body.

Yin yoga will greatly improve your flexibility by healing the connective tissues. Restorative yoga reduces stress and supports rest and recovery. Gentle yoga provides and opportunity to slowly flow through blissful postures. And, mobility ensures the joints are healthy.

Program Benefits

By committing to this yoga program you can receive many positive benefits.

These benefits include...

- Increased lean body mass
- Decreased fat
- Improved flexibility
- Improved balance
- Increased brain performance
- Better sleep
- Greater energy
- More stress resiliency

Of course everyone is unique and different, but you can expect many transformative qualities by sticking to this program.

Right Mind State

We want to be realistic and not sugar coat things — at times, Yoga 45 for 45, will be challenging and difficult. And it's meant to be.

There is no way to grow without being challenged.

So, we want you to approach your journey with the proper growth mind state. A growth mind state is one that is open to imperfection and adversity, because they see that as the precursor to positive change. Many wisdom traditions teach that “the obstacle is the way.” In other words, resistance has the potential to unlock our power when we persevere.

With that said, we will take you to your edge and challenge you to breathe steady and to practice staying calm within. Sometimes you will succeed, other times you might fail, and that's ok. Yoga doesn't need you to be perfect, it needs you to be kind and compassionate with yourself. Please trust the process, and know anything worth achieving has its ups and downs.

If you happen to miss a day or two, don't beat yourself up. For some people it might take them a couple of months to finish the program and that's ok.

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 degrees. Wear clothes that are fitted and comfortable.

Setting the Intention

Before starting your program it can be very powerful to reflect on your intention for the journey. What inspired you to start Yoga 45 for 45? What are the qualities you want to strengthen? What are the qualities you want to let go of? What kind of person do you see yourself evolving into physically, mentally, emotionally and spiritually.

It can also be very powerful to compliment your journey by making certain lifestyle choices that support your health and well being. This could be choosing to eat plant based, giving up

sugar, dairy, alcohol, or caffeine, sleeping 8+ hours a night, limiting social media and news, or letting go of a negative habit for 45 days.

Purifying ourselves through practices and lifestyle choices is called tapasaya in yoga. Incorporating tapasaya can elevate your experience to a whole other level.

Take some time to reflect upon intentions and goals, and therefore harnessing the power of tapasaya.

Community

Community is very important to us at Inner Dimension TV. In fact the students you see in the videos have been with us in LIVE classes, trainings or retreats for many years — these are people we have deep connections with.

We'd like to invite you to join our private Inner Dimension TV Facebook group to connect with other amazing yogis around the world also moving through Yoga 45 for 45 and our other programs. Feel free to introduce yourself and share your intentions.

Program Theme

At the end of practices you might hear us finish by saying “Be committed. Be inspired. Be the change.”

Let’s unpack this a little further.

You need commitment in order to successfully complete this journey. There will be plenty of excuses and distractions that will arise. As the zen monks say, “When you commit to nothing, you become distracted by everything.” By showing up for this program you are showing up for yourself — and when you show up for yourself you can show up for your friends and family. Be Committed!

If you’re not inspired to do something then chances are you won’t stick with it. We’ve done our best to inspire you with dynamic high quality classes but ultimately the best inspiration is the type that comes from within. We always say, if you really want to know how important your yoga practice is then stop doing it for several months. You’ll probably notice your health decline, your reactivity spiral out of control, and your relationships suffer. Life is too short to not be the best version of ourselves. When we recognize all the positives that happened due to our yoga practice it inspires and motivates us to show up daily. Be inspired!

The yogis teach true change must start within. When you shift your inner world (mind and emotions) then you begin to shift your

outer world as well. Whatever you want to see more of in the world reinforce it within yourself. Many of us probably want to see more goodness, compassion, respect, honesty and virtue. Be those benevolent qualities and they will initiate a ripple effect throughout the world. Be the change!

Let's Get Started!

All right, it's time to begin. We are thrilled and honored to share this Yoga 45 for 45 journey with you.

See YOU on the mat!

- *Travis Eliot and Lauren Eckstrom*

Program Overview

Yoga 45 for 45 is a program created by Travis Eliot and Lauren Eckstrom to help you deepen your yoga practice and awaken your unlimited potential. This is the sequel to their popular Yoga 30 for 30 Program. This newer program is comprised of 45 minute classes made up of 16 thematic power yoga classes, yin yoga, restorative, gentle, as well as a specially designed mobility sequence. It also includes bonus CORE, Meditation and Pranayama classes. Enjoy this program for 45 days and experience the power of consistency in your daily practice. Be committed. Be inspired. Be the change.

While we recommend enjoying the entire program, you also have the option to enjoy each of the classes individually.

Class Descriptions

Intention with Travis and Lauren

Welcome to the beginning of this exciting 45 day yoga journey. In this first practice, you will be setting your intention for the program. This intention will be your guiding force for your daily practice. We are excited for you and look forward to getting started. Be committed. Be inspired. Be the change. Let's jump into a sweet flow led by both Travis and Lauren!

Stamina with Lauren

Stamina requires sustainability, a conscious use of your energy to help see your physical practice, life goals, relationships and projects through to the very end. Building stamina requires conservation, patience and understanding that while we might feel as if we could go longer, stronger or deeper the best choice might actually be to back off in order to build endurance that lasts. This practice will challenge your body as well as your mind as we play with boundaries, grow your windows of tolerance and build your capacity for well-being, courage and perseverance.

Backbends with Lauren

You spend most of your life in a forward fold - rounded over a computer, hunched over a phone, curled around a car steering wheel, child or meal. This practice is the counterpose for life as you open your heart, relieve your upper back, soften upper body tension and re-open to the possibilities of life. Get ready to expand, not just at the level of your body but your heart and mind. Two blocks are suggested for this practice.

Balance with Lauren

You are always in motion and your life is a relationship to whatever is arising in the present moment. Challenges are inevitable, the unexpected is certain, and uncertainty is a guarantee. The only question is, how will you navigate it? This practice builds resiliency, equanimity and steadiness for your mind, body and life. Get ready to bring balance to all 6 of your human dimensions.

Fluidity with Lauren

This class is all about the ebb and flow. Your ability to navigate the shifts and fluctuations of life are embodied in the element of water. When you flow like water you are able to adapt to any situation you find yourself in. This flexibility gives you the equanimity you need to move through life with balance, strength, perspective and steadiness. In this class be ready to move through unique variations as you challenge your body and your mind while improving the overall fluidity with which you move through not your practice and your life.

Arm Balances + Inversions with Lauren

It's not *what* you do, is *how* you do it that matters most. Drop your attachment to achieving certain poses. Step away from what you think "should" be happening and accept what is actually happening. These are the lessons that alleviate suffering by learning to accept the present moment. This practice will present you with the opportunity to explore arm balances and inversions. It will also present you with the opportunity to choose what is right for you in any given moment, on any given day with the understanding that day-to-day, week-to-week what you need will not be the same. Be open to possibility each and every time you repeat this practice. And over time, through the power of repetition, you will learn that true confidence does not arise from external validation, yoga postures or achievement. It arises when you are courageous enough to look inside yourself for the answers and connect with the truth within.

Mobility with Lauren

There is nothing more important to your longevity, and the overall health span of your life, than your ability to move pain and

tension free. This practice, while incredibly simple, is the medicine you need to live a long life of ease, grace and mobility. Yoga 45 for 45 is a demanding program which requires a holistic approach in order to make the journey sustainable for your body, mind and spirit. This 45 minute class targets the wrists, shoulders, head, neck and side body with movements from physical therapy derived exercises, yoga asana and myofascial release to lubricate the joints giving you a much deserved break from the demands of a power yoga, vinyasa-style practice. For this practice you'll need 2 blocks and a strap.

Restore with Lauren

Restorative yoga is a form of medicine, a practice that re-balances your nervous system, eliminates stress and improves digestion and sleep. But, if you find yourself resisting, avoiding or even skipping this practice, you are not alone. You might believe you should be “getting something” out of your practice such as strength, sweat or calories burned. But a practice rooted in “go, go, go,” especially over an extended period of time, is not sustainable. As one of my teachers famously says, “the harder you are on anything, the faster you wear it down.” So today, you give back to yourself. Not because you have to but because you can. Because you realize all 6 of your human dimensions deserve your time, energy and attention so you *choose* to do this practice each and every time it appears on the calendar from the dimension of awareness, your higher wisdom. If possible, do this practice in the evenings. You'll need two blocks and two yoga bolsters for this.

Even Flow with Travis

This practice is about giving you an even dosage of “The 4 Pillars of Fitness” which are strength, stamina, balance and flexibility. This solid power yoga sequence hits the sweet spot of challenge and relaxation.

Twists with Travis

In this twist themed practice, we are going to wring out tension, stress and toxicity. This practice will also give you the opportunity to reflect upon the things in your life you are ready to let go of, because what doesn't serve you doesn't deserve you. After this dynamic flow expect to feel light and free.

Flow and Stretch with Travis

This practice is for those who love an invigorating flow followed by a delicious series of floor stretches. It is the perfect combo of yang and yin energy. It doesn't get much more balanced than this!

Edge with Travis

There is a concept from the Japanese culture called ‘Kaizen’ which is about constant and never ending improvement. The way we continuously improve and grow is by moving through challenge and difficulty. In this intense class, Travis will take you to your edge where the sparks of transformation fly! Remember, Child's Pose is always there if the need to take a break. You might need it for this one!

Chi Flow with Travis

Chi is a concept from the Chinese tradition which means ‘life force’ and ‘vitality.’ Increasing and harnessing our chi is one of

the most important actions we can take for improving our health and longevity. In this class, Travis will guide through a powerful mixture of power yoga and Shaolin practices.

Gentle Yoga “Slow and Sweet” with Travis

In our very hurried world, slowing down can often be deeply healing and transformative. This class is about active recovery. You are giving your body an opportunity to rest from the intense power yoga classes on this program, but you are also still moving your body in gentle, compassionate way.

Yin Yoga “Yin and Tonic” with Travis

Yin yoga is like exploring the caverns inside of a mountain whereas power yoga is like climbing to the top of the mountain. In order to understand something in its totality, you must explore both the external and the internal. In this yin practice, you will explore the inner connective tissues and also move deep under the surface of the mind where we find everlasting tranquility and serenity.

Victory with Travis and Lauren

Congrats, you’ve made it to the end of the program!. Now that you’ve made it to Day 45, it’s time to celebrate your victory. Both Travis and Lauren will guide you through this fun and celebratory class!

CORE with Lauren and Travis

In this 15min core practice be prepared to build strength, tone and endurance. Working consistently, you will build side body strength, back body support and overall abdominal tone for a

total core burnout. These are the muscles that support your spine, help you digest not just nutrients but the experiences of life and together we will build the fire of transformation.

Meditation with Travis and Lauren

Meditation, long practiced by the ancient yogis, is as relevant today as it was centuries ago. In fact, with rates of stress, depression and anxiety at an all time high, meditation practice is more important than ever for our mental health. In this class, Travis will guide you to cultivate presence by observing the breath, and Lauren will help find inner steadiness through a mountain reflection.

Pranayama with Travis and Lauren

Pranayama is the expansion of life force through the conscious regulation of the breath. In this class, Lauren will guide you through “Box Breathing” and Travis will help you find coherence within both hemispheres of the brain through alternate nostril breathing techniques.