

Y'all Breathin'?



YOGA WARRIOR
with Rudy Mettia

A Life Enhancing Practice



WELCOME TO YOGA WARRIOR 365
A LIFE ENHANCING PRACTICE

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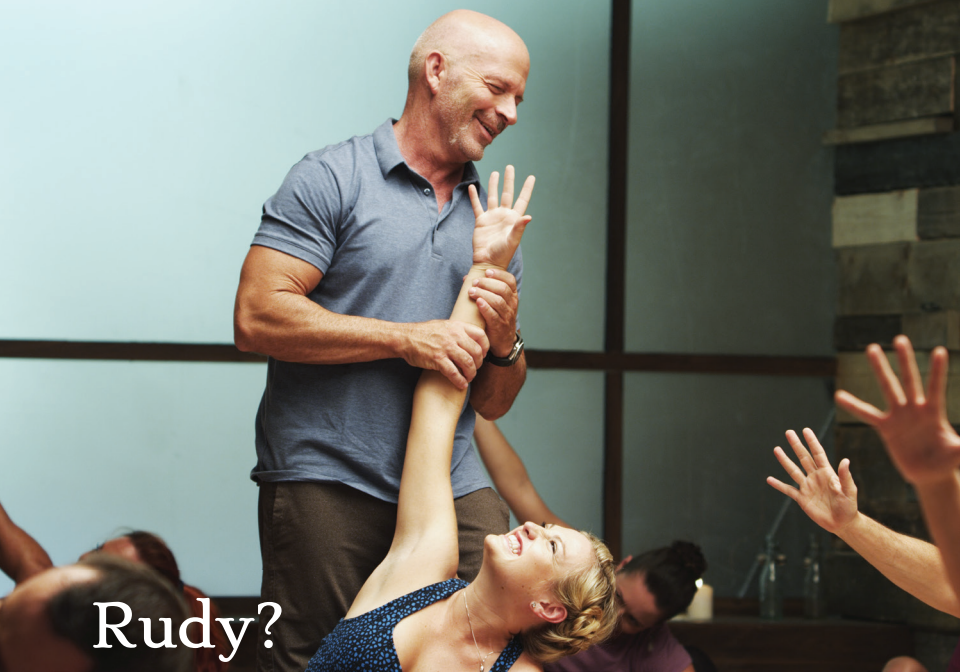


Yoga?



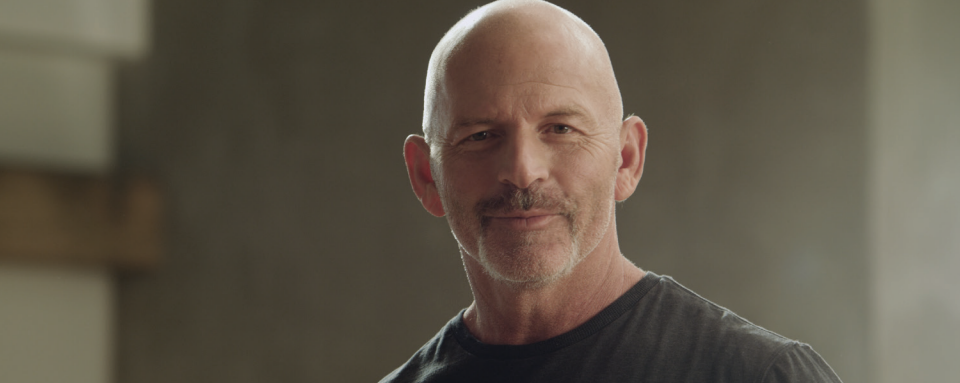


Yoga is about connecting to your own personal truth. When you get on the mat and silence the incessant chatter of the mind you are left with three simple things - your body, your breath, and your inner awareness. By learning how to sit (or stand, or lie down) through the vicissitudes of your life, you will come face to face with yourself. Whatever your personal truth is will arise quite naturally. You do not need to be able to stick your foot behind your head to find this kind of inner peace. In fact, it will quite possibly take you away from it. As Rudy is fond of teasing, people who love doing crazy poses are usually a little crazy. KISS (Keep It Simple & Savvy).



Rudy?





According to one of his many dedicated students, “If you picture a yogi, he is the exact opposite”. And this is what we find so appealing. His huge heart, irreverent humor, random anecdotes, biting honesty, and dedicated dissection of the practice make him a perfect and unique guide for your yoga journey. Will you mostly be charmed? Probably. Will you occasionally be aghast and offended? Possibly. But before you write us an angry email, please take a breath. And don’t shoot the messenger. There is no cult here, nobody telling you what to think or how to live your life. Just a balding, ex-Marine who loves yoga and likes to poke a little fun, and as you’ll see, even weeps like a baby from a heart so full it could burst right there in front of you. To find out more about Rudy, his life story, and connect with him directly, make sure you visit www.YogaWarrior365.com.

Building Athleticism and Alignment



Yoga Warrior 365?





Well we had to name it something. And this thing has really stuck. Simply, it means: live as your fullest self, all year long. Obvious, right? Well the true meaning is a lifetime in the making, and we hope this program serves as a trusty vehicle to help you arrive at this understanding. Just don't forget to take the scenic route. And along the way check out the Musings video on the Bonus Disc to learn more about the many layers of meaning behind Rudy's unique style of yoga philosophy. You'll hear him talk about the Three Platforms, the Six Actions, and the Five Doorways, which besides sounding vague are techniques to deepen your experience of each and every yoga pose known to man. And yes, those numbers spell (if that's possible with numbers?) "365". You're catching on quick.



Program Schedule?





The Yoga Warrior 365 program, based on the Power Yoga lineage, is designed both for structure and freedom. Follow the program calendar to a tee (downloadable from our website), play darts on said calendar to decide what class to do that day, or keep the classes playing in the background while you cook dinner (we believe in the power of osmosis). In all seriousness, we encourage you to get on your mat at least every other day. Some of you might want to deepen your practice and swallow a daily dose, while others are happy to maintain the basic human right of movement that getting out of bed requires. Whatever path you are on, you can milk this program for however much, um, milk you want? That just sounds weird (and we'll probably get at least a few emails from the lactose-intolerant), but you know what we mean.



Yoga at Home?





Most of us work hard, and even if you love what you do (which we hope you do, as we do), just living a balanced life is crucial for longevity. There is an old Zen saying, “You should sit in meditation for 20 minutes a day, unless you’re too busy; then you should sit for an hour.” It doesn’t specify that you sit on a remote mountaintop, or in a dark cave – you can sit on the toilet for all we care. But we have endeavored (quite hard, mind you) to bring the mountain to your doorstep. Or rather, the yoga studio to your living room. Or bathroom, if you prefer. (Warning: we do not recommend doing yoga in the bathtub.)



Let's face it, no one wants to go at it alone (unless that's your kind of thing). But how do you transcend the isolation of doing yoga at home? How do you arrange for a group of like-minded individuals to get together and support each other on the road to health and happiness? You connect them through a common experience, which is exactly what the Yoga Warrior 365 online community is designed to do. Our website is chock full of tasty bits of wisdom from the students you'll be practicing with on this program. Our Facebook page will hook you into a growing community of Yoga Warriors around the world that can inspire you to get on that 2 by 5 magic carpet each day in the comfort of your own _____ (you fill in the blank, we are tired of micro-managing where you do your yoga). And if one day Facebook goes up in flames - fear not, the whole world will be going with it.



Diet

Bodies are made in the kitchen as much as they are made on the mat (after first being made in the bedroom, or wherever your parents got in the mood). Though we don't like to market this program as some kind of 'get skinny fast' gimmick, if losing weight is your thing then you've come to the right place. As Rudy loves to say, yoga is not dogmatic. It won't tell you to stop eating bad food or quit drinking until 4 in the morning like he used to. But over time it will naturally inspire you to be conscious of your choices, and to make better ones. It strengthens your resolve to be a better you – whatever that means for you. It's really that simple. Eating better is actually not that hard, once you know some basic principles and learn to kick the chemical cravings. Even if you are a terrible cook, we've got your back. Visit our website for tips and recipes to create nutritious and delicious delectable delights. Say that five times fast.



Classes

Yes. There are lots of them in this program (we've lost count). The good news is there is no quiz at the end of all this. We are confident that the philosophical underpinning embedded within the sequences will make each class unique and repeatable for generations to come. Each hour-long class is designed to guide you through the poses on a physical, mental and emotional level, and as you progress there are deeper and deeper layers of technique that Rudy will help you employ to really take your yoga practice to the next level. We do recommend starting from the beginning, with The Gathering, and following them in order through to Class 12, Returning Warrior. If you've mastered all 753 classes in this program, visit us at www.YogaWarrior365.com for some additional and more challenging classes that we just didn't have room to squeeze in this little package.



Warrior Tips

Every warrior needs a helping hand once in a while, and since being a Yoga Warrior can be a very challenging job title, we've created 36 individual pose tutorials to help you go forth and conquer. The 36 Warrior Tips cover almost all of the poses you will encounter in this program, though we left a few out for good measure (and to keep you wanting more, of course). If you are new to yoga or want a refresher, we recommend watching each Warrior Tip that is assigned to the class you are about to practice, before you practice, to make sure you are ready to rock. In fact, we recommend first watching ALL of the Warrior Tips that are spread throughout the 13 discs so you feel prepared for whenever you want to jump right in to a class. Refer to the classes on the next page to see which Warrior Tips we've assigned to which class if you want to pick and choose.

CLASS NAME

THEME

INTRO	The Gathering	57mins	The Beginning
CLASS 1	Versatile Warrior	58mins	Cross-Training
CLASS 2	Responsible Warrior	53mins	Shoulders
CLASS 3	Freed Warrior	54mins	Hips
CLASS 4	Fluid Warrior	59mins	Vinyasa Flow
CLASS 5	Gentle Warrior	60mins	Yin
CLASS 6	Focused Warrior	58mins	Balance
CLASS 7	Honed Warrior	55mins	Repetition + 1
CLASS 8	Stalking Warrior	55mins	Core Alignment
CLASS 9	Seeking Warrior	54mins	5 Doorways
CLASS 10	Coiled Warrior	59mins	Twisting
CLASS 11	Compassionate Warrior	55mins	Backbends
CLASS 12	Returning Warrior	60mins	Back to Tadasana
BONUS	Mountain Warrior	28mins	Standing Series
BONUS	Modified Warrior	20mins	Gentle Flow

WARRIOR TIPS

Warrior Breath • Mountain/Corpse • Cobra/Up Dog/Sphinx
Sun Salutation A • Sun Bird • Externals
Plank • Shoulder Opening Series • Dolphin Series
Wide Leg Forward Fold • Yogi Squat • Halfmoon
Chair • Down Dog • Warrior 2
Child/Hero • Pidgeon Series • Plow/Shoulder Stand/Fish
Sidearm Press/Crow • Tree • Extended Hand to Toe
Eagle Series • Warrior 1 to Warrior 2 • Boat
Crescent • Side Angle • Warrior 3/Standing Camel
Advanced Sun A • Bridge/Seated Camel/Upward-Facing Bow • Sun B
Triangle/Twisting Triangle • Twisting Lunge • Twisting Halfmoon
Cobra/Up Dog/Sphinx • Half Bow/Bow • Dancer
Warrior Breath • Mountain/Corpse • Seated Twist



The Gathering

Every journey begins with the first step, and we figured the first step should begin in a courtyard of medieval stone, which is where we left off on our last product, The Ultimate Yogi (coming full circle feels like a very yogic thing to do). It's here that you gather the resources and skills necessary to embark on the rest of your Yoga Warrior 365 journey, and start to meet the students that you will see in down dog and forward fold again and again. This class is perfect if you have been away from your practice for a while or if you are coming back from an injury. We recommend that you start with this class and come back here as often as you like for some simple sequencing and more basic instructions. You may even be caught with a surprise lump in your throat. It's gittin' real up in here with Rudy Mettia.



Versatile Warrior

Someone wise probably once said “Versatility is the spice of life.” If not, we just did. The ability to meet different challenges with panache is a skill we could all use in this fast-paced modern life. This class will throw a little bit of everything at you; we encourage you to notice how you react to different poses and sections as you flow through the class. Maybe you love long-hold poses, balancing poses, backbends or just staying in child’s pose. Maybe twists or working on your hips is worse than a root canal. Just notice your reactions, and start making mental notes on how you can improve different aspects of your practice. Hopefully you can meet each pose and each class with as much grace as the last, and by the end you’ll be surprised at how easy something can be with even the smallest of effort.



Responsible Warrior

Do you sometimes feel like you have the weight of the world on your shoulders? Well, we all know that would be impossible, but we also know how you feel. Which is why we designed the Responsible Warrior, which lengthens and strengthens those tired shoulders to withstand whatever weight you choose to bear. Continuing in the tradition of using animal names for yoga poses (we're not sure why, but it's cute), you will encounter Eagle Arms, Dolphin Pushups and of course the ubiquitous Downward Facing Dog, which works the shoulders as much as any pose we can think of. And for those of you pet lovers, you should check out our next product, "Doga".



Freed Warrior

This is a hips class. The hips are notorious for holding and hindering all the body's pent up energy. Not to get personal, but most of us could do with a little hip opening every once in a while, right? Well get ready to free those hips. In this class you will focus on opening up the hip joints, feeling the power of mobility, and aligning the body in its most natural position(s). The aptly named 'Happy Baby' pose might feel awkward at first, but we guarantee your hips will thank you for letting go of your inhibitions. (Happy Baby was, incidentally, our camera crew's favorite pose. But don't worry, you are not being watched.)



Fluid Warrior

Although Rudy believes that ‘flowing without knowing’ is a recipe for disaster, we think by Class 4 you have the basics under your belt to put a little groove in your move. This is the most free-flowing of the classes as you are taken from pose to pose in a fluid manner with less time spent in holding poses. The breath is always paramount in yoga, but in a moving meditation like this it becomes even more crucial to get into a deep rhythmic breath that is timed with the speed of your movements. Try to keep up, but it is completely acceptable to stay a few beats behind the rest of the class. Let go and grow with your own flow, Fluid Warrior. Be prepared for a little martial-arts inspired workout in this class as well.



Gentle Warrior

A delicious treat after the last 4 classes in the program, or after a long day of work (or play) – Rudy would say use this class “as early and as often as you want”. A yin-based class that holds each pose for several minutes - which allows you to access the body’s natural fountain of youth - will help your body age gracefully through suppleness in the connective tissue. This is a “doing less is more” type class, so if you’re in the mood to really let go, unwind, and relax, Gentle Warrior is the way to go. Don’t be fooled, however – this is not an “easy” class. You may find your limits challenged more in this class than in any other. Only push your muscles as far as feels comfortable – if you feel any pain then you’re doing too much.



Nothing requires more focus than balance (try balancing an egg on your big toe in the middle of a kindergarten playground). In this class you may find yourself challenged in all departments, especially your ego. Fortunately, yoga is not a competition (though it has been tried), and in fact not paying attention to what your neighbor is doing is your first line of defense against falling flat on your face. Focusing in a balancing pose triggers something called ‘proprioception’ which is (according to Google) “the sense of the relative position of neighboring parts of the body and strength of effort being employed in movement”. This difficult-to-pronounce word helps you tone your muscle, strengthen your joints, and become aware of every fiber in your body. Plus, your mind is at its most calm when it is forced to concentrate, which allows the body to develop in ways the Sedentary Warrior (not included in this program) can never imagine.



Honed Warrior

Within the walls of a fiery temple with only six brave students, you will have the opportunity to hone the body and the mind with Rudy's patented (not really) Repetition + 1 theory-driven sequence. Repeating poses in the Repetition + 1 pattern helps reveal the combination to unlock your fullest potential. In this class, you will learn Rudy's unique brand of math, what soundtrack is playing in Rudy's mind as he practices yoga (you'll never guess), what a "big fat pigeon in the park eating popcorn" looks like and how to wrought your body and mind like hot steel with a hammer and anvil in the fire of your practice. In alchemy, fire is the element of transformation because heat has the uncanny ability of turning earth into liquid and liquid into air. By heating up the body and using the resultant energy to break through blockages you are able to transform yourself into a fire-breathing dragon (well, not really).



Disclaimer: This program does not promote “stalking”, of humans or any other creature. This class is all about stalking yourself – cultivating that one-pointed focus that drives you to discover yourself and to stay true to your vision. Here you will focus on the core – the epicenter of your willpower – and how to move in true alignment. Rudy will teach you to raise your ‘hip points’ and soften the front ribs so that you move from pose to pose (and from day to day) with a solid center, even if you’re forced to stand on one foot. You will learn that pretty much anything is possible, particularly if you try. Simple, right? Pouncing from powerful crouching tiger to soaring eagle poses, you’ll feel like the Karate Kid on steroids. We hope. (Speaking of stalking, please visit www.YogaWarrior365.com if you want to read bios and hear testimonials of all the students you see on the screen.)



Seeking Warrior

As the fancy French author Marcel Proust elegantly put it, “The voyage of discovery is not in seeking new landscapes, but in having new eyes.” It is in this spirit that we encourage you to practice the Seeking Warrior, which carries you through what appears to be a typical Vinyasa flow, but with a decidedly more inward-looking intention. Rudy will walk you through what he calls the Five Doorways (Focus, Awareness, Consciousness, Imagination, Manifestation), which is fundamental to his teaching. It is a conceptual technique that transcends the gross (as in blatant, not disgusting) physicality and elevates your practice beyond the mat. Rudy believes that most of the benefits of yoga come from the mental aspects of the practice. It is by traveling through the Five Doorways that you are able to access your full potential and manifest your own destiny.



Rudy also refers to this class as “Rotation Nation”, and just like the name suggests, it is a twisting class. Like wringing out a dirty dishrag, twisting detoxifies the body as it wrings out all the unwanted gunk that builds up over the natural course of even just one day. We were going to use “Twist and Shout” as the soundtrack for this class, but we decided it might be a bit distracting. Though you may be shouting, or even crying, by the end of this one (twisting poses are known to provoke emotional release as well) - we can only hope it is out of new-found freedom in your body. But be mindful of your spine – there is no need to overdo any of these twisting poses. As Rudy says, “too much twisting makes you twisted”. Even a small hint of twist is therapeutic and will leave you feeling refreshed and realigned.



Compassionate Warrior

We tend to think that back-bends are all about bending the back (seems logical), but the real benefit of back-bending poses is in opening the heart. And we're pretty sure that an open heart is the breeding ground of compassion. Just as in Coiled Warrior, be mindful of how far you are pushing your spine. No pose, even the most seemingly simple pose, should ever be forced, but particularly poses that change the natural curve of the spine. Don't get us wrong, it is perfectly natural to bend the spine, and is indeed very beneficial, but make sure you proceed slowly and mindfully. Being aware of your vulnerabilities is a sign of strength. So as you practice the Compassionate Warrior, and all the classes in this program, remember to stay with your breath, listen to your body, and go at your own pace.



Returning Warrior

Every Vinyasa flow has a beginning and an end (which sometimes can not come soon enough), and this class focuses on the most foundational of poses: Tadasana or Mountain Pose. You will learn how to stand on your own two feet (not as easy as it sounds) and create a strong foundation from which to come and go with ease, grace, balance, and strength. This class also celebrates the end of your first round of the Yoga Warrior 365 journey. All good things may come to an end, but all great things can simply be done again. Start again from the beginning of the Yoga Warrior 365 program, or pick and choose which class resonates in the moment. And be sure to check out some of the bonus material on the next disc. We also ask that you share your experience of the program on our website www.YogaWarrior365.com.



Mountain Warrior

Bulgaria is a country full of natural beauty and we would have been remiss not to take advantage of it. Doing yoga in nature, particularly a barefoot standing series like this 30-minute class, is beyond delicious. Even if you're not a nature-loving tree-hugger, we challenge you not to feel peaceful watching our yoga students stand tall like trees in Mountain Pose amidst a magical mountain forest. This is a great class when you are limited in time, or don't have a yoga mat with you. We encourage you to practice this one outdoors (stay tuned for downloadable versions from our website) so you can really ground your feet in the earth and experience a holy union with the great outdoors (even if it's just your backyard). Practicing barefoot is ideal if you feel safe, but if something stings or bites you, don't blame us.



Modified Warrior

In this short, 20-minute solo practice, Rudy guides you through a series of simple modifications for some of the more common poses you will encounter. Great for when you don't have a lot of time, you don't feel up to a full practice, or when you need to modify due to injury. We also recommend, if you are brand new to yoga and have any concerns or fears, you might want to practice this with Rudy several times before venturing into a group class. This is the only time in the program that you get to see Rudy focus on his own practice. His humility and respect for his body is inspiring. This is also the only time you won't hear Rudy crack a single joke. He may not be a serious guy, but he is definitely serious about his practice.



Musings

If at any point you want to take a break from ‘asana’ (yoga poses), and hear Rudy talk some more (yes, it is possible), check out the Musings video on the Bonus Disc. Here Rudy elaborates and expounds on his philosophy behind his teaching and practice, which is based on the Three Platforms, the Six Actions, and the Five Doorways (see a short description of each of these on the next few pages). If you have not yet heard Rudy talk enough (or you just can’t get enough, like us) then we invite you to pop some popcorn, sit back, and be mused. If you have had enough, you can always turn off the TV and get a good night’s shavasana.



Three Platforms

You will often hear Rudy guide you through a pose from the bottom up, starting with the alignment of the feet, then the hips, and finally the shoulders. These are what he calls the ‘Three Platforms’ – sort of the trinity of yoga alignment. People often want to jump to the full expression of a pose (extending the arms fully, for instance) before creating a solid and properly aligned base from which a more authentic (and safe) expression can be realized. As you’ll discover throughout this program, you always want to work from a stable base and a strong core, and doing even a quick scan of the Three Platforms (in the specified order: feet, hips and then shoulders) will assure that you receive maximum benefit from each pose. Can you imagine if you tried to align your position from the top down? It’s kind of like buttoning a shirt from the top – if you’re not careful you’ll have an extra button with no hole to put it in. Wouldn’t want that, now would we?



Six Actions

Once you have paid proper heed to the Three Platforms and made the necessary adjustments, the next layer of attention in Rudy's yoga philosophy goes to what he calls the 'Six Actions': Organize, Stabilize, Analyze, Observe, Adjust, and Reflect. It might seem like a lot to think about in each pose (in addition to everything else you're thinking about, most of which we can't presume to know). But it's actually quite a logical system of checks and balances that becomes second nature very quickly (kind of like yoga itself, when given the chance). The goal is to almost subconsciously be running through these actions during each and every pose, and as you get the hang of it, you'll continue to reap more and more reward from the practice. Inherent in every pose is the potential to learn something profound, and perhaps something that you can use throughout the rest of your life. Imagine if all we had to do was perform the Six Actions?



Five Doorways

So now that you've properly aligned yourself, first with the Three Platforms, and then with the Six Actions, what do you do? Just sit there and contemplate your navel? Well, sort of. While you are doing that, Rudy would encourage that you take a stroll through the Five Doorways, which is the next layer to the onion that is unique to his yoga philosophy. This layer is the deepest and the subtlest of his teachings, but don't be fooled by the esoteric nature of this technique. This is where it all comes together, where all the work you are doing comes to life. The first of the doorways is Focus, using the breath to lead you. After establishing that, you begin to become Aware - of your body and the space that it inhabits. Once you are Aware, you can enter the doorway of Consciousness, which takes you beyond the circumstance you are in. From Consciousness you are led to Imagination, where you begin to imagine your life as you see it. Only by entering these four doorways can you finally enter the fifth doorway of Manifestation. Here you can manifest your destiny. Will it be the red pill or the blue pill?

Meditation

You will notice we did not include a separate guided meditation in this program, but we do think it is very important, and would encourage you to develop a daily practice. Really, all of yoga is a meditation – whether it’s a breath-driven moving meditation during a flow sequence or a single-pointed focus as you balance in Warrior 3. There is great benefit to setting aside a specific amount of time to actually sit in meditation and learn to silence the mind. Never done it before? It’s the simplest and most gratifying (and yes, at times frustrating) thing you can do. Plus, it’s free and can be done at any time with no props, DVDs, or special attire. If you’ve never experienced it before, here is the in-a-nutshell, bottom-line technique behind pretty much any type of meditation: Sit in a quiet, comfortable space with your eyes closed or softly gazing in front of you, whichever you prefer. As you breathe in, notice that you are breathing in. As you breathe out, notice that you are breathing out. If your mind wanders (as it will, don’t beat it up too badly) bring it back to the breath. And guess what? That’s it. Anyone that tries to tell you meditation is anything other than this is trying to sell you something. Just like brushing your teeth, try and meditate daily. (And no, we are not suggesting you should attempt it at the same time, although you may find you like it. We told you we weren’t going to micro-manage where you practice anymore, remember?)



The Breath

With its constant focus on the breath, yoga is probably one of the most oxygenating things you can do. The Sanskrit term for breath, ‘Pranayama’, literally means “extension of life force”. The breath is your trusty vehicle that will carry you through the entire practice. It is the litmus paper of your effort. If at any time your breath becomes erratic or forced, simply slow down your pace or take a break until it returns to normal. If at any time your mind wanders from focusing on the breath, simply bring it back, without judgment or shame. If at any time people turn their head when conversing with you, please just brush your teeth.



Setting Your Intention

In every class you will notice this magical moment where you come to the front of your mat and put your palms together. It is symbolic of unification as you bring the right and left sides of the body together as a gesture of reverence. It is here that you bring your attention back within and set your intention. Setting a clear intention at the beginning of every practice will help you achieve all your goals - both on and off the mat. It is an important part of any endeavor. Whatever intention you set at this time, remain resolute and courageous. The benefits of the practice will reveal themselves if you remain true to your intention.



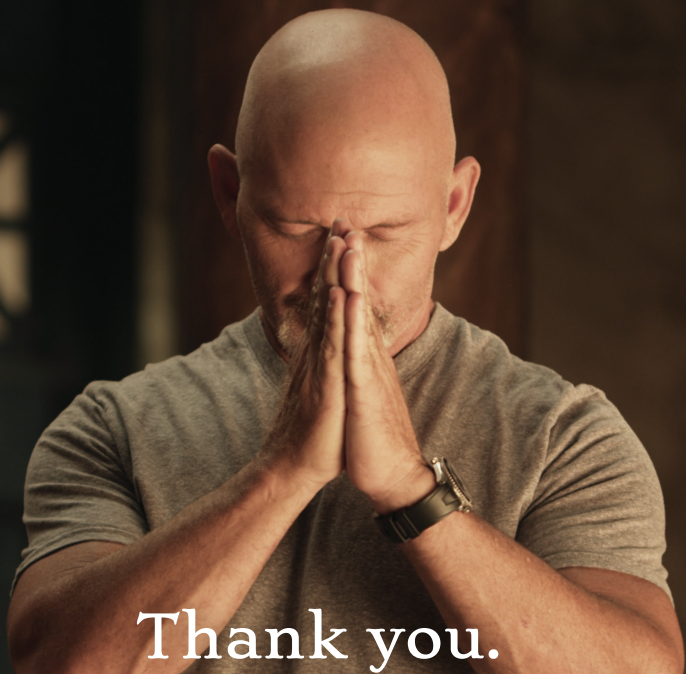
Power Yoga

Power Yoga was popularized by Bryan Kest and his less funny counterpart Baron Baptiste. It is often called “the way of no way” (which is actually quite deep once you get over how vague it sounds), and is based on the structure and physicality of the Ashtanga lineage with less focus on the dogma of the practice. They both revamped a tradition and made it accessible to the western world. Rudy studied with Bryan, and then added the myopic focus on alignment that is found in the Iyengar tradition. It could be said that Bryan Kest is to Ashtanga Yoga what Bruce Lee was to Kung Fu. Whereas Bryan is fond of Bruce Lee you will find Rudy mentioning his nemesis Sara Lee.



Udaya

For those of us that are Sanskrit-illiterate, we have Google. And Google tells us that 'Udaya' means, among many similar words: 'sunrise', 'creation', 'awakening', and 'of the beginning'. We stand by all of these concepts as the foundation of our company and each product we eagerly set sail into the world. We fancy ourselves as a lifestyle media company that puts the style back into life, through media (duh). Our mission is simple: the creation of purpose-driven content to support a healthier, happier world. Make sure you visit our website at www.Udaya.com for more yogic and non-yogic shenanigans, tons of great content, and just plain ole' goodness.



Thank you.

Special thanks to all of you that have brought this program to life (watch the Credits on the Bonus Disc if you forget who you are). And of course thanks to all of you that are practicing alongside. Please stay connected with us at www.YogaWarrior365.com and tell us how you are enjoying the journey.