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T H E U L T I M A T E Y O G I



THE ULTIMATE YOGI

108 DAYS TO TOTAL TRANSFORMATION

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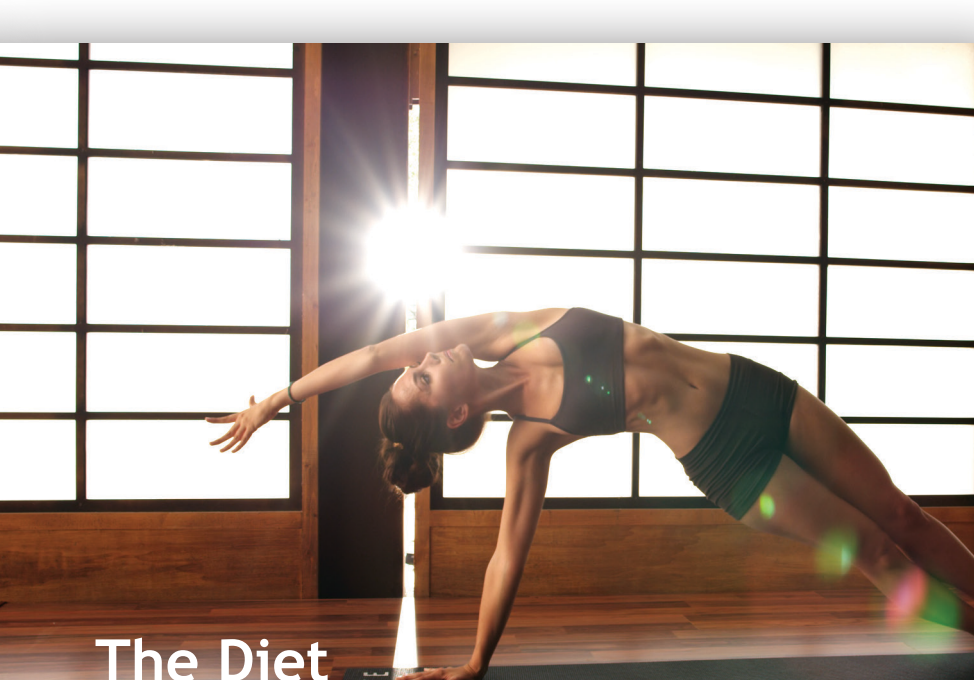
BIO

Travis Eliot

Travis, inspired by his global travels and passion for music, has taught yoga to thousands of people all over the world via live classes, the Internet, and DVDs.

Described as “one of the brightest stars of the yoga world,” Travis is a Santa Monica based yoga teacher with a loyal following. Travis devised this thematic based program that will transform you physically, mentally, and emotionally.





The Diet

With such a litany of diet books today it's hard to know what to eat and what not to. The Ultimate Yogi Diet is the common sense food program: remove processed foods, refined sugars, flour, preservatives, bad fats, and alcohol, and replace them with lots of leafy greens and lean protein. Check out our website for tips and recipes.

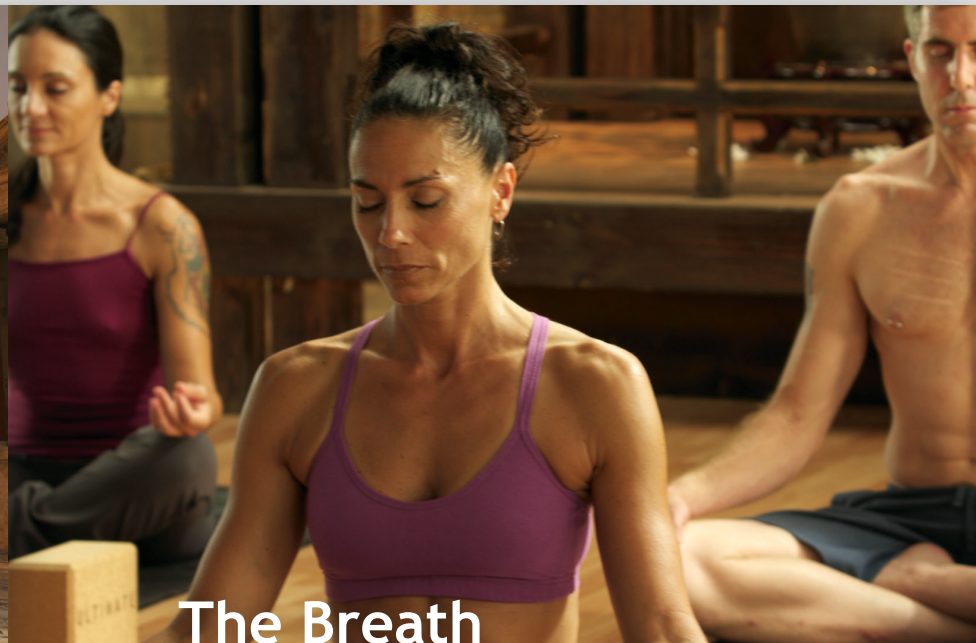




The 108

Take a journey of 108 days as you transform your life from the inside out. You will follow three thirty-six day cycles that address every facet of your being. Included are three simple dietary cleanses. On our website you will find an interactive guide on the vegan lifestyle, raw food diet, and the juice feast.





The Breath

If you can control your breath you can control your mind. The breath is the fuel that supports and sustains the bodily systems. It is also how you gauge if you are physically and mentally in a state of balance. Yogi Breathing (Pranayama) will help you tap into the inner reservoirs of energy and calmness that will take your practice to the next level.





Vitality

This class is about increasing your life force. By moving through a series of back bends you will open up the heart, strengthen the spine, and challenge the mind. Develop both physical and mental vigor in Yoga Vitality.





Cross Train

By taking all the key components of fitness and synthesizing them into one class, Yoga Cross Train will touch every muscle and joint in your body. You will increase balance, strength, flexibility, and stamina while doing it all the yogic way: with calmness and piercing focus.





Strength

In yoga the word for strength is “danda.” In the Strength class you will strengthen both body and mind as you touch every lean muscle fiber in the body. Remember, it takes an incredible amount of strength to know when to back off. Take your time as you develop lean muscle mass throughout the entire landscape of your body.





Balance

One of the most important and confronting classes. This class will challenge you physically, mentally, and emotionally as you explore the limits of your balance. According to Albert Einstein “life is like riding a bicycle, you have to keep moving to find the balance.”





Cardio

Fasten your seat belts because the roller coaster is about to begin. Be prepared to move and sweat as you get your blood pumping. Yoga Cardio is specifically designed to build both the cardiovascular and respiratory systems.





Detox

For centuries people have been using sweat to detoxify the body. Get ready to sweat and twist as you gently detoxify. Yoga Detox is designed to rinse you from the inside out.





Flexibility

By stretching and lengthening you retain suppleness in your body. In order to do that you need a little heat first. After a vigorous flow warm-up sink into those deep muscle fibers with Yoga Flexibility.





Mountain Sequence

This standing sequence has been passed down through generations for hundreds of years. It is specifically designed to access every joint and muscle. The Mountain Pose sequence will soothe the mind and tone the body.





Yin Yoga

This class is literally the fountain of youth. As we age, our bodies become less supple. Yin Yoga directly counteracts this. By holding stretches for long periods of time you release hyaluronic acid into your system which is responsible for retaining youthfulness and flexibility. This class will take you to an entirely new level of your practice.

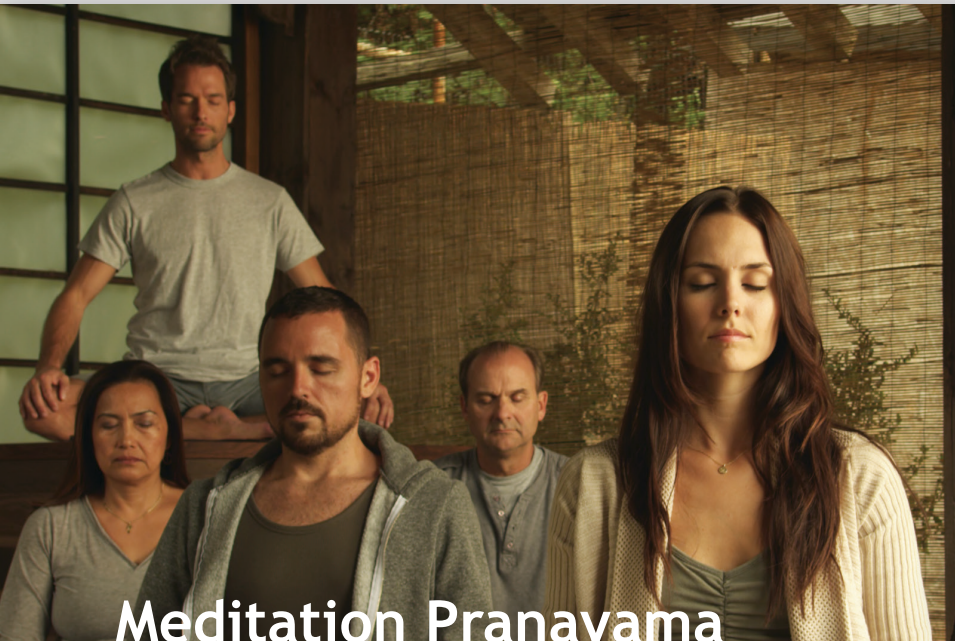




Gentle Yoga

Although a lot of this program is Power Yoga, Gentle Yoga is critical to your weekly practice. Gentle Yoga allows your muscles the time to heal and repair whilst guiding you into a deeper, calmer state. This slower paced class is suitable for all levels: focus on alignment and breathing technique while exploring all that yoga has to offer.





Meditation Pranayama

Yoga breathing (Pranayama) and meditation are the key components of long lasting change. There are four universal guided meditations contained in this program. Meditation is the simple act of waking up by paying attention. You start the program with ten minutes and increase the amount by ten minutes every thirty-six days. If you can control your mind you can become a master of your own life. Meditation Pranayama is an integral part of the program.





Yoga HardCore

Ready to develop a lean, toned, muscular abdomen? Then incorporate this routine into your practice three times a week. Increase your repetitions every thirty six days as you tone the upper, lower, middle, and side abdominals. You will lose weight and develop a stronger, more efficient body. Having a strong core not only makes you look great but it also protects the spine.

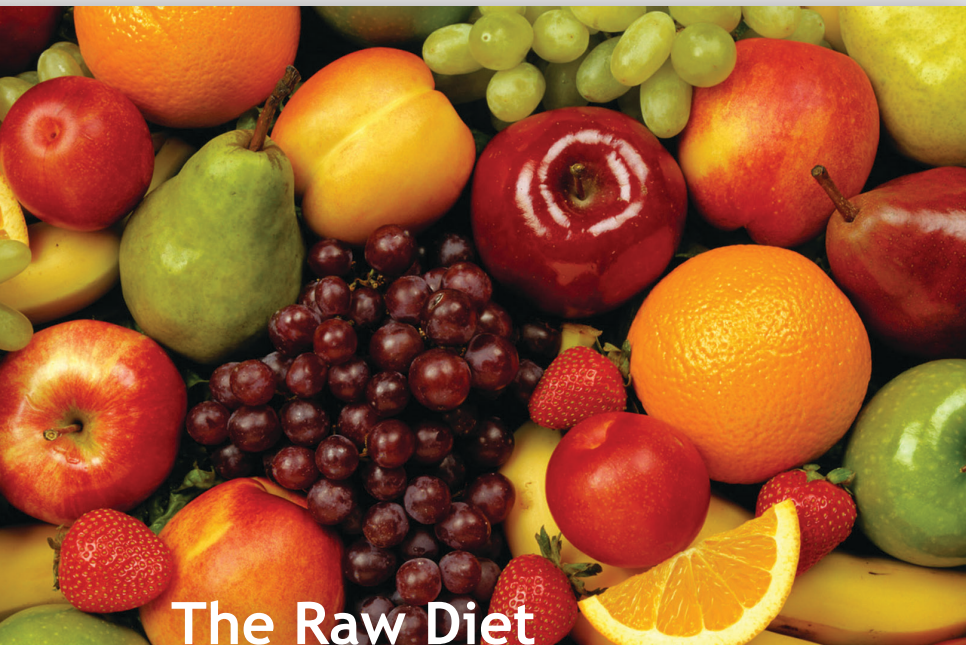




The Vegan Lifestyle

This is the first of the three cleanses. For three days avoid all foods which contain any animal produce. This includes dairy. Not only is this incredibly healthy but its also good for the planet. Just ask yourself if it grew in or on the ground when deciding what to eat. If the answer is yes, it's good to go.





The Raw Diet

Eating raw is one way to ensure you are getting your food at its optimal state. Cooking destroys many of the vital nutrients foods contain. Not only do you detoxify your system with this diet but you also give your digestive system a workout. During these three days avoid animal products as well.





The Juice Feast

The word feast has been chosen on purpose - you are not trying to starve yourself. You are giving your entire digestive system a vacation as well as detoxifying the body. Try and drink at least four ounces of juice every two hours. Ensure that you are combining the juice of at least one leafy green with a little bit of fruit. Look to our website for recipes.





Community

Hook into our active and growing community for support and coaching. You can connect through Facebook, Twitter, or directly on our website. Share your pictures, your experiences, and your videos and be sure to follow the ultimate yogi team as we tour the world. You can find us on www.theultimateyogi.com.






Common Sense Food Program

Just like in the practice of yoga, the practice of eating should be based on a clear line of communication between yourself and your body. Always be mindful of what you put into your body and how it makes you feel. We have all had the experience of eating too much and feeling sluggish or eating something that is not good for us and feeling sick. In the common sense food program we are trying to expand our awareness of how the food we eat affects our constitution.

Follow these guidelines and you are guaranteed to improve your health.





1) Chew your food. This is a great habit to get into for two reasons. Chewing is the first step in the digestion process. It breaks down the larger pieces of food and infuses it with enzymes. Chewing also slows down the eating process so the body and brain have time to prepare for internal digestion.

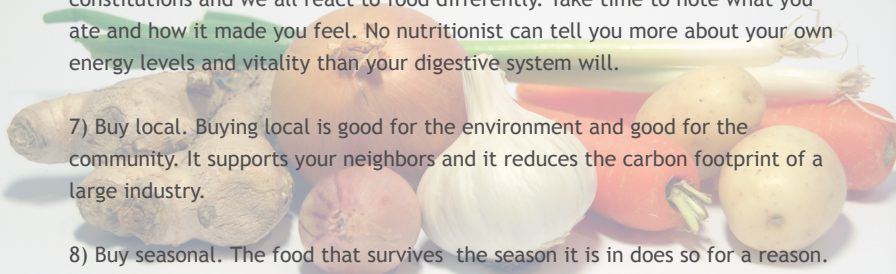
2) Cook your own food. It may take a little more time out of your busy schedule to do so but it is important to connect with what you are about to eat. If time is an issue, then cook two or three meals at once. A great healthy stew or soup can keep you nourished for a few days.

3) Choose ingredients with life in them. This means that they are as close to the ground as possible. Leafy greens are a great example of these. They are bursting with life force from sunlight and the earth. If you can fill eighty percent of your plate with life giving ingredients you are guaranteed to exude health.

4) Share your meals. Don't forget the value of good company and the relationships you build while breaking bread. So often in our rush to do more, we just stuff our mouths with whatever is available losing track of all the intangible benefits of sharing a meal with a friend.

5) Read the labels. If you can't understand what the ingredients are, chances are it is not healthy. Food has many health giving properties but there is no such thing as health food.





6) Listen to your body. A good relationship is based on communication. Take note of what you are eating and how it makes you feel. We all have different constitutions and we all react to food differently. Take time to note what you ate and how it made you feel. No nutritionist can tell you more about your own energy levels and vitality than your digestive system will.

7) Buy local. Buying local is good for the environment and good for the community. It supports your neighbors and it reduces the carbon footprint of a large industry.

8) Buy seasonal. The food that survives the season it is in does so for a reason. There is an innate connection between the body and the environment. It is very subtle and it is dependent on a myriad of conditions. We could write a whole book on just that. Within reason try and follow this principal and you will marry yourself to your environment.

9) Variety truly is the spice of life. In every system on earth biodiversity ensures its survival. As long as we eat within the spectrums described above we will guarantee our long term health and survival. It is up to us to ensure our long term survival by promoting and supporting biodiversity.

10) Keep connected. The Ultimate Yogi website has a section dedicated to recipes, nutritional information. Share your recipes on www.theultimateyogi.com



For those of you that just want to keep it simple fill your shopping bags and your plates with the following items.

<p style="text-align: center;">FRUITS</p> <ul style="list-style-type: none"> -Apples & Oranges -Coconuts & Bananas -Grapes & Pineapple -Pomegranates -Berries & Prunes -Figs, Pears, Avocados 	<p style="text-align: center;">SEEDS & NUTS</p> <ul style="list-style-type: none"> -Walnuts -Chestnuts -Flaxseeds -Pine Nuts -Almonds -Chia Seeds 	<p style="text-align: center;">SPICES</p> <ul style="list-style-type: none"> -Basil & Pepper -Mint & Chile -Dill, Cumin, Fennel -Coriander & Cinnamon -Curry & Turmeric -Neem Leaves & Ginger
<p style="text-align: center;">VEGGIES</p> <ul style="list-style-type: none"> -Squash & Cauliflower -Broccoli, Kale, & Okra -Celery & Artichoke -Sprouts & Cabbage -Potatoes & Peas -Green Beans -Brussel Sprouts 	<p style="text-align: center;">GRAINS</p> <ul style="list-style-type: none"> -Barley -Oats -Brown Rice -Basmati Rice -Wild Rice -Amaranth -Quinoa 	<p style="text-align: center;">MEATS & DAIRY</p> <ul style="list-style-type: none"> -Chicken -Turkey -Egg Whites -Salmon -Albacore -Shrimp -Lobster
<p style="text-align: center;">LEGUMES</p> <ul style="list-style-type: none"> -Adzuki Beans & Lentils -Black Beans & Tofu -Kidney Beans -Lima Beans -Mung Beans -Navy Beans -Tempeh 	<p style="text-align: center;">SUGARS</p> <ul style="list-style-type: none"> -Agave -Barley Malt Syrup -Brown Rice Syrup -Maple Syrup -Raw Honey -Sucanat -Sugar Cane Juice 	<p style="text-align: center;">BEVERAGES</p> <ul style="list-style-type: none"> -Aloe Vera Juice -Almond Milk -Burdock Tea -Chamomile Tea -Red Clover Tea -Spearmint Tea -Peach Nectar



108 DAYS TO TOTAL TRANSFORMATION



ULTIMATE BODY, ULTIMATE MIND, ULTIMATE RESULTS GUARANTEED

ARE YOU READY?