40 DAY YOGA CHALLENGE

STARTING MONDAY, 5 NOVEMBER 2012

GO ON YOUR OWN JOURNEY OF PERSONAL TRANSFORMATION. RISE TO THE CHALLENGES OF A COMMITTED YOGA AND MEDITATION PRACTICE, MINDFUL EATING AND GOOD NUTRITION OVER THE NEXT 40 DAYS.

WELCOME TO THE 40 DAY YOGA CHALLENGE

Be empowered to transform....

The 40 Day Yoga Challenge is an intensive program to guide you on your own personal transformation. It is closely aligned with Baron Baptiste's 12 Laws of Transformation which we will look at over the six week period.

You will practice yoga 6 days a week (one home practice), daily meditation, develop and practice mindful eating and good nutrition and become aware of the inner workings of the mind.

What's Included:

- 40 Days to Personal Revolution book by Baron Baptiste
- Yoga Practice Journal
- VLA Test (body composition test, see below for more information)
- Seminars and Workshops
- 40 day continuous pass to the studio.

What is expected of you:

- 100% commitment to the process.
- Attendance to all Sunday meetings.
- Attendance to all seminars and workshops.

- 5 days of yoga practice at Twisting Peacock Yoga studio (this cannot be at any other studio).
- 1 day of home yoga practice.
- 7 days of meditation practice, twice daily. Starting with just 5 minutes per session in the first week.
- One full day of rest.
- Completing practice journal.

WORKSHOPS

The challenge is supported by various workshops and seminars. We have a nutritionist booked 12 November, Naturopath seminar also in November (TBC), Personal Development seminar 2 December, Doctor Consult Seminar 5 December (TBC) and VLA Body Composition testing to be arranged at the beginning of your transformation.

WEEKLY MEETINGS & WORKSHOP

There will be weekly catch ups and workshops after the Sunday 9am class. You can make this Sunday class part of your weekly yoga practice and then the chat and workshop will be straight afterwards. We will start with a short meditation. These catch ups will be to talk to your fellow participants, to set goals and intentions, be inspired to commit this life changing process as well as giving practical advice on home practice, meditation support, etc. This time will also be used going through meditation techniques, creating home practices, etc.

Class: 9.00-10.15am
Meditation/Chat/Workshop: 10.30-12.00noon

THE YOGA PRACTICE

Practice can be any classes on the schedule at the studio, 5 times a week. Two classes in one day does not count as catch-ups for missed days. This is about being consistent.

One day a week is to be home practice (this can be taken at the studio). This is your opportunity to learn to design your own classes and become your own teacher. This can be either as guided in the book, following a CD or DVD. It can be any length of time.

ACTIVE REST

Make a commitment to include one full day of rest from your yoga practice. Sleep in, go for breakfast, have a massage. Enjoy life!

DAILY MEDITATION

Develop a daily practice of meditation giving you the opportunity to go deeper into yourself and your transformation. Integrate time for stillness into your daily routines. Everyone can do it, but it does take practice. We will give you practice tips, but also follow the guidelines in the book. When you're tired or if you feel you can't meditate on your own, use a CD.

Start the first week with 5 minute session twice daily, increasing by 5 minutes each week. Plan on one session being in the morning and one at night. If you miss the morning, try midday.

JOURNALLING/PERSONAL EXPLORATION

It's not compulsory, but we suggest you keep a journal of your experience to bring awareness to your mental patterns, belief systems, relationships, etc....things that hold you back in your life and things that give you strength. It can be empowering to look back through at the end and see how you have transformed. There are questions at the end of each chapter in the book which are designed to help you identify old patterns and provoke introspection. Your journal is only for you and doesn't need to be shared.

For further information and guidance into your personal exploration, Jason Hope is booked in on Sunday, 2 December at 11am to talk more about our patterns and belief systems, where they come from, how to change them, etc. This is really the crux of making long term change.

MINDFUL EATING & GOOD NUTRITION

We don't prescribe any particular diet, but encourage you to become mindful of what you're eating and what nourishes your body. There is specific nutritional guidance in the book and we will be holding a seminar with a nutritionist on Monday, 12 November at 6.30pm. You will also be given advice by Adam Hansen when you have your VLA test done. This test is to be arranged directly with Adam at the beginning of the challenge and is included in the cost of the challenge. If you would like subsequent tests done after you have completed the 40 days, you can arrange this with Adam directly at whatever his cost is at the time.

What is a VLA Test?

It is a painless test that provides information on several of your body's biomarkers. It shows:

- Body composition (bone, fat and lean muscle tissue)
- Biological Age
- Fat Mass (in kg and %)
- Muscle Mass (in kg and %)
- Fluid retention levels
- Toxicity
- Inflammation
- Hydration Levels
- Cellular Function and Health

Dr Alistair or Adam Nuttall will be here on Wednesday, 5 December at 6.15pm to talk about anything and everything from what sunscreen to buy, exercise, sweating, vitamins, minerals, all lifestyle diseases and more. Get your questions ready if you have any and bring them in. These talks are full of fascinating information.

ACCOUNTABILITY..."THE WHITE BOARD"

You're committing yourself to changing your life in 40 days and it's really only the start. To help you commit you need to be accountable so we have a whiteboard in the studio where you will note down your progress over the weeks. Each day you will record what type of practice and the number of meditations you completed using the following key:

SP - studio practice

HP - home practice

M1 - one meditation session

M2 - two meditation sessions

- rest day (no practices)

HOW MUCH DOES IT COST?

The total cost if $339 which includes everything listed above. If you hold a 6 or 12 monthly membership that will be current at 14 December 2012 all you need to do is pay $220. If you are holding, 5 or 10 class cards or unlimited monthly cards we will put a hold on these until the challenge is over.

FINAL SESSION

Your final class will be 6.30-7.30pm Friday, 14 December followed by a celebration afterwards.

CANCELLATIONS

A $15 cancellation fee is payable up to the start date (ie cancellation prior to 5 November). Once the challenge is active there will be no refunds available.

DATES FOR YOUR DIARY

Date	Activity
Monday, 5 November	LET THE CHALLENGE BEGIN. 6.30-8.00pm introduction and meditation session. Please feel free to take the 6am or 4.30pm class as one of your first sessions for the week. You will not be able to attend the 6.30pm that evening.
Sunday, 11 November	9.00-10.15 - Power Yoga Class 10.30-12.00 - meditation, weekly meeting and workshops
Monday, 12 November	6.30pm - Nutrition seminar.
Sunday, 18 November	9.00-10.15 - Power Yoga Class 10.30-12.00 - meditation, weekly meeting and workshops
Wednesday, 21 November	6.15pm - Naturopathic Consultation (to be confirmed)
Sunday, 25 November	9.00-10.15 - Power Yoga Class 10.30-12.00 - meditation, weekly meeting and workshops
Sunday, 2 December	9.00-10.15 - Power Yoga Class 10.30-11.00 - meditation, weekly meeting 11.00-12.00 - Personal Development Seminar with Jason Hope
Wednesday, 5 December	6.15pm - Dr Alistair or Adam Nuttall Seminar (to be confirmed)
Friday, 14 December	CONGRATULATIONS YOU HAVE FINISHED YOUR CHALLENGE. 6.30-7.30pm - Yoga Class 7.30-9.00pm - Celebration